Better Homes & Gardens®

# 5-INGREDIENT, 30-MINUTE RECIPES™

SKILLET CHICKEN WITH ASPARAGUS

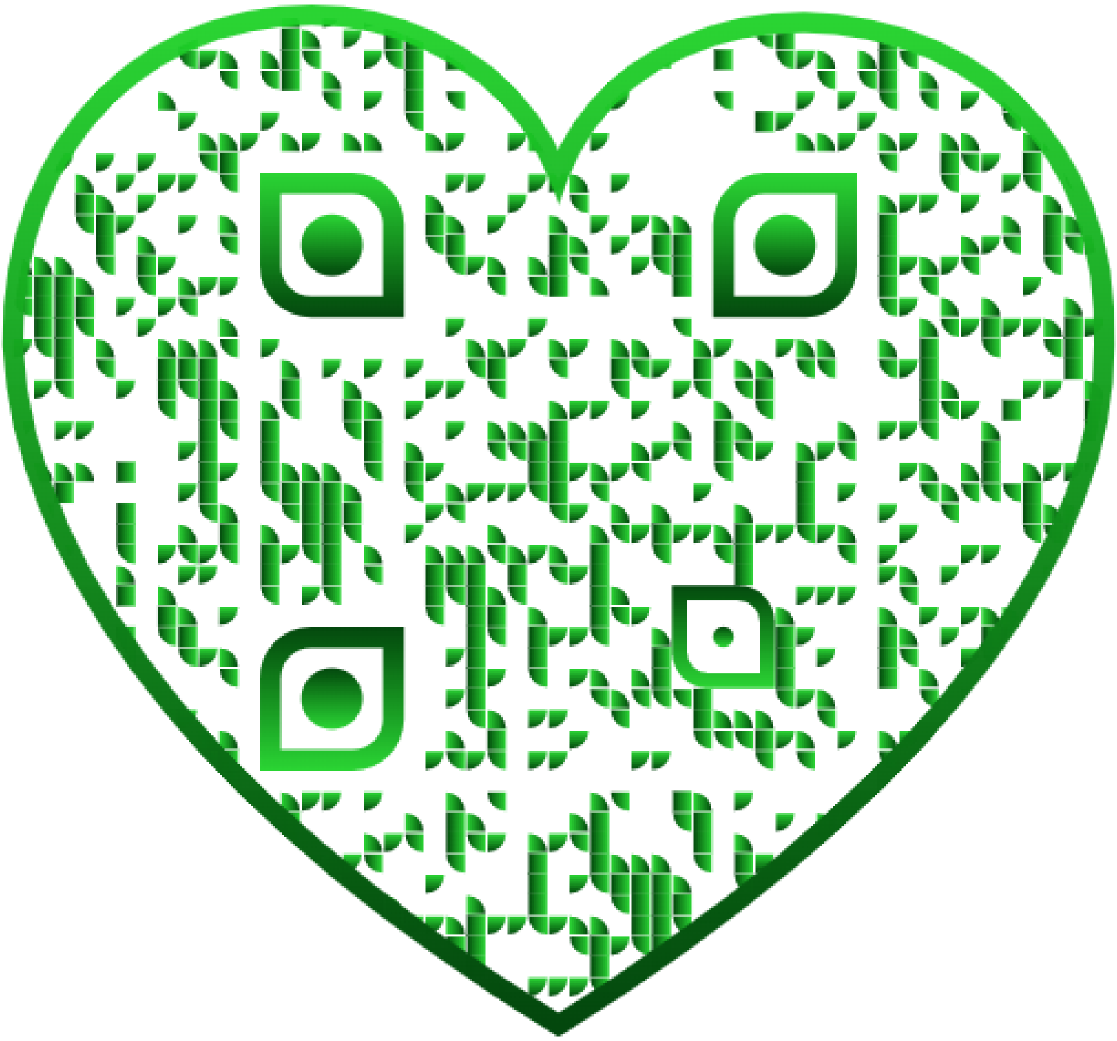
## COOKING MADE *easy!*

SIMPLE STOVE-TOP CHICKEN DISHES

PANTRY HELP WITH DINNER TONIGHT

NEW FAVE! 4 TAKES ON SMASH BURGER TACOS

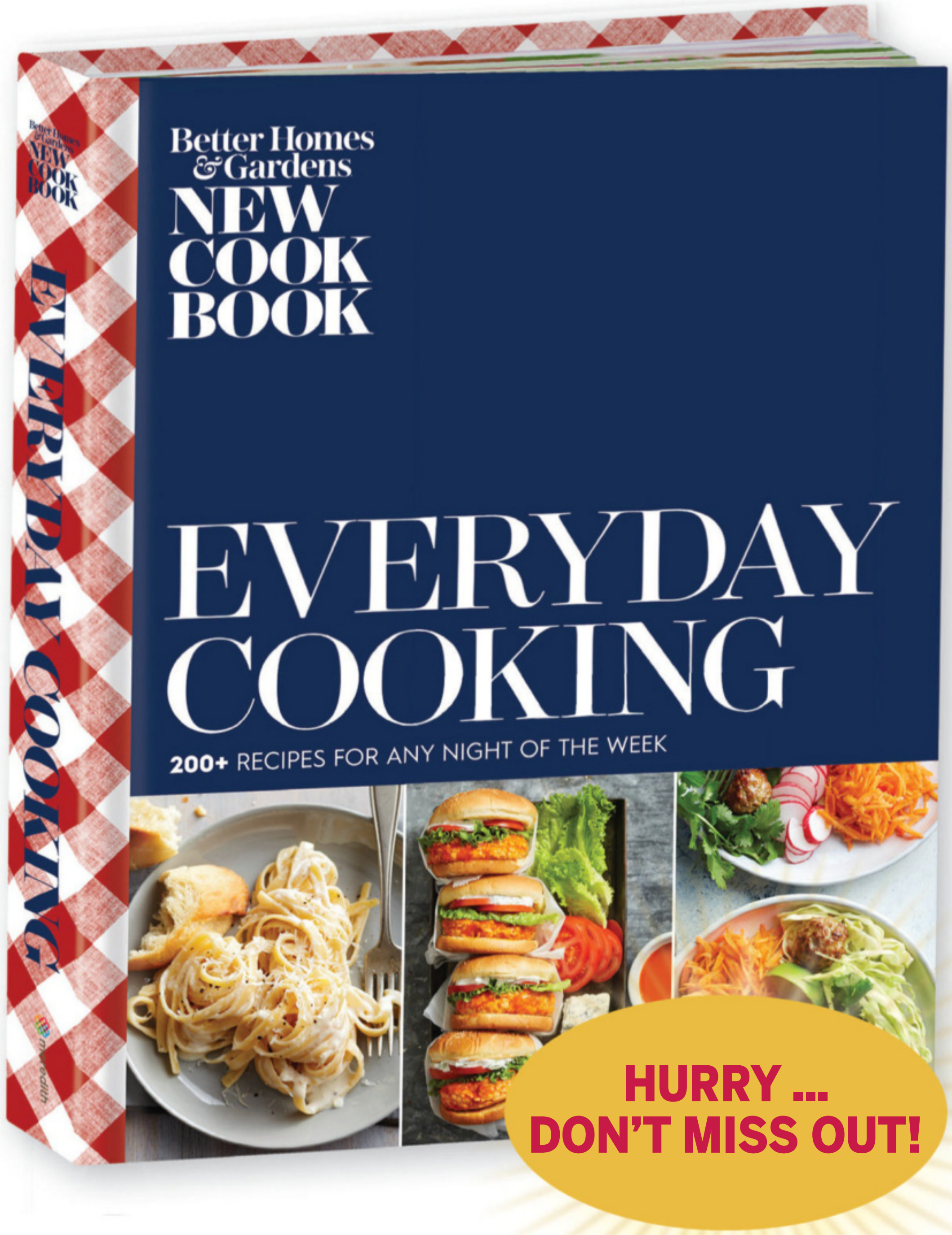
2025
BHG.com



From the cooking experts at

**Better Homes & Gardens®**

**All of your favorite, easy-to-make Test Kitchen recipes ... plus so much more!**


Better Homes & Gardens
NEW COOK BOOK
EVERYDAY COOKING
200+ RECIPES FOR ANY NIGHT OF THE WEEK
HURRY ... DON'T MISS OUT!

**Discover over 200 recipes guaranteed to please your palette, wow your family and make meal prep quick and easy!**

**This sturdy, hardcover book gives you countless options ...**

- **Flavor-filled dishes** for every occasion
- **On-trend recipes** using fresh ingredients
- **Step-by-step tips** to make your meals memorable
- **Comfort foods** using classic flavors
- **Plus FREE delivery ...**

**Every recipe's a guaranteed keeper – RSVP today!**

*#240436*

Scan here or go online to **magazines.com/bhgspecials** to claim yours NOW!

Better Homes & Gardens
NEW COOK BOOK
EVERYDAY BAKING
275+ RECIPES FOR ANY DAY OF THE WEEK
Annual Recipes 2024
Better Homes & Gardens
ALSO AVAILABLE

# CONTENTS

**3** PANTRY BASICS
Stock your kitchen with these staples and the recipes in this publication will come together in a snap.

**4** FIRST UP, BREAKFAST
Kick-start your day with something quick and hearty.

**10** BLENDS ON DEMAND
We cracked the codes to our favorite restaurant smoothies.

**16** APPS FROM THE AIR FRYER
Craveworthy snacks and bites for any occasion.

**22** CHICKEN IN A SKILLET
Quick-cooking chicken pairs up with veggies, herbs, and sauces for simple stove-top suppers.

**30** PASTA, STAT!
A handful of ingredients is all you need for comforting pasta dishes that pack a punch.

**38** HAND IT OVER
Turn to this collection of sandwiches, wraps, and brats for lunch or dinner.

**46** CHICKEN STRIP CHANGE-UP
Take the work out of mealtime by starting with easy-to-prep frozen chicken tenders.

**48** CATCH OF THE DAY
Grill, fry, and simmer your way to seafood delight.

**54** SMASH IT!
Smashed tacos, a mash-up between tacos and smash burgers, pack in the flavor with minimal effort.

**60** AGUA FRESCA
Refresh your drink routine with these hydrating beverages.

**66** SIZZLIN' STEAKS
Beef is on the menu tonight. Pick your steak and get cooking.

**72** SALAD KIT FIX-UPS
Bulk up your favorite salad kits with a few extra ingredients for a fresh and filling meal.

**76** FRESH ON THE SIDE
Let produce do the heavy lifting in these colorful side dishes.

**82** STOVE-TOP SIMMERS
Enjoy five nourishing soups for two that start with a can of broth.

**88** CAKE MIX COOKIES
Keep a cake mix on hand for quick-to-fix cookies.

**90** ICE CREAM SOCIAL
Transform store-bought ice cream into dazzling desserts.

**96** RECIPE INDEX

84

# 5-INGREDIENT, 30-MINUTE RECIPES™

**Editor** MADALYN BENDGEN
**Designer** STEPHANIE HUNTER
**Copy Editor** MARTHA COLOFF LONG
**Contributing Editor** COLLEEN WEEDEN
**Contributing Proofreader** CARRIE TRUESDELL
**Administrative Assistant** SANDRA JOHNSON

**Test Kitchen Brand Manager** SARAH BREKKE, M.S.
**Photographers** JASON DONNELLY, CARSON DOWNING, JACOB FOX, BRIE GOLDMAN, KELSEY HANSEN
**Food Stylists** HOLLY DREESMAN, LAUREN MCANNELLY, KELSEY MOYLAN, ANNIE PROBST
**Prop Stylists** ADDELYN EVANS, BRIANNA GHAZALI, GABRIEL GRECO, JOSEPH WANEK

**FOOD**
**Executive Editor** SHELLI MCCONNELL
**Senior Content Manager** JESSICA SAARI CHRISTENSEN
**Senior Editor** CAITLYN DIIMIG, RD
**Editor** MADALYN BENDGEN
**Senior Brand Manager** JULI HALE
**Brand Manager** SARAH BREKKE, M.S.
**Culinary Specialist** EMILY NIENHAUS
**Senior Food Stylists** KELSEY MOYLAN, ANNIE PROBST
**Senior Food Stylist and Coordinator** LAUREN MCANELLY
**Food Stylist** HOLLY DREESMAN

**HOME, GARDEN & QUILTING**
**Executive Editor** KATY KIICK CONDON
**Senior Editors** DORIS BRUNNETTE, NICOLE DEAN, EMILY ELVERU, KRISSA ROSSBUND
**Editorial Apprentice** EMILY CARREON
**Better Homes & Gardens Test Garden® Manager** SANDRA GERDES

**ART**
**Design Directors** STEPHANIE HUNTER, KIMBERLY MORGAN METZ, MICK SCHNEPF
**Art Directors** EMILY BUTTERWORTH, KRISTIN CLEVELAND, NIKKI SANDERS, ELIZABETH STUMBO
**Associate Art Director** ALISON GAMM

**EDITORIAL ADMINISTRATION**
**Copy Chief** ERIKA BJORKLUND
**Senior Copy Editors** MADELAINE JEROUSEK-SMITH, MARTHA COLOFF LONG
**Copy Editor** ELLA FIELD
**Senior Manager, Editorial Operations** HOLLY PRUETT
**Assistant Editorial Business Manager** GABRIELLE RENSLOW
**Senior Editorial Operations Specialist** ASHLEY JACOBS
**Editorial Operations Specialist** SANDRA JOHNSON
**Photography Coordinator** JAKE ROUDABUSH
**Senior Director, Print Premedia Services** DALE TUNENDER
**Senior Director, Quality** JOSEPH KOHLER
**Vice President, Content Studios** ALLISON LOWERY
**Director, Test Kitchen** LYNN BLANCHARD
**Studios Content Director** GREG LUNA
**Photo Studio Set Construction Manager** DAVE DECARLO
**Senior Stylist and Producer** JOSEPH WANEK
**Stylists** BREANNA GHAZALI, LEXI JUHL
**Studios Prop Coordinator** HOLLY RAIBIKIS
**Premedia Trafficking Supervisor** KAYLA STORY
**Director, Premedia Imaging** MICHAEL STURTZ
**Premedia Color Quality Analyst** SARAH SCHROEDER

**The Recipe Center** at *BHG.com/Food* contains hundreds of recipes and tips, all tested in the Better Homes & Gardens® Test Kitchen.

**FOR EDITORIAL QUESTIONS,** EMAIL SPOON@DOTDASHMDP.COM
OR WRITE US AT ***5-Ingredient, 30-Minute Recipes,***
PREMIUM PUBLISHING,
1716 LOCUST ST., DES MOINES, IA 50309-3023

***5-Ingredient, 30-Minute Recipes*** is available only on the newsstand; no subscriptions available.

For syndication or international licensing requests, email syndication.generic@dotdashmdp.com.
For reprint and reuse permission, email mmc.permissions@dotdashmdp.com.
PRINTED IN THE USA

**PREMIUM PUBLISHING**
**Vice President & General Manager**
JEREMY BILOON
**Vice President & Editor in Chief** JILL WAAGE
**Director, Editorial Operations & Finance**
GREG KAYKO

**Executive Director, Business Development & Partnerships** MEGAN PEARLMAN
**Associate Director, Business Development & Partnerships** NINA REED
**Senior Director, Brand Marketing** JEAN KENNEDY
**Associate Director, Brand Marketing**
KATHERINE BARNET
**Senior Brand Manager** GEOFFREY WOHLGAMUTH
**Brand Manager** MIA RINALDI
**Associate Brand Manager** GABBY AMELLO

**FINANCIAL ADMINISTRATION**
**Business Director** JENNA BATES
**Senior Business Manager** LISA CARLSON

**CIRCULATION**
**Consumer Marketing Manager**
LYNN BOLINGER

**ADVERTISING & BUSINESS DEVELOPMENT**
**Vice President & Head of Sales, Lifestyle**
TIFFANY EHASZ
tiffany.ehasz@dotdashmdp.com
**Executive Director & Food and Beverage Lead**
DAVID GINSBERG
david.ginsberg@dotdashmdp.com
**Executive Director & Home/CPG Lead**
MARGARET GRAFF
margaret.graff@dotdashmdp.com

**ADVERTISING OPERATIONS**
1716 Locust St., Des Moines, IA 50309-3023
**Production Director** PATRICK MCGOWAN
**Senior Production Manager, Country Home**
JULEE EVANS
**Production Managers** APRIL GROSS, TREVI JONES, ASHLEY SCHAUBROECK

**DIRECT MEDIA**
**Executive Director** TYLER HUB
tyler.hub@dotdashmdp.com

**DOTDASH MEREDITH**
**President, Lifestyle**
ALYSIA BORSA
**Senior Vice President & Group General Manager**
MÉLANIE BERLIET

**Chief Revenue Officer**
BRIAN KIGHTLINGER
**Vice President, Lifestyle Marketing**
KRISTIN GUINAN

# PANTRY BASICS

TO MAKE THE RECIPES IN THIS BOOK, WE DIDN'T COUNT THESE PANTRY STAPLES TOWARD OUR FIVE-INGREDIENT LIMIT, SINCE YOU LIKELY ALREADY HAVE THEM IN YOUR KITCHEN. BUT IF NOT, IT'S TIME TO STOCK UP.

- OIL (OLIVE, VEGETABLE)
- VINEGAR (CIDER, DISTILLED)
- SALT
- BLACK PEPPER
- NONSTICK COOKING SPRAY
- ALL-PURPOSE FLOUR
- GRANULATED SUGAR
- REDUCED-SODIUM SOY SAUCE
- MUSTARD (DIJON, STONE-GROUND, YELLOW)
- MAYONNAISE
- KETCHUP

*BONUS INGREDIENTS* **We counted the following toward the five-ingredient limit, but if you keep these regularly on hand, the recipes in this book will come together in a snap.**

- Milk
- Eggs
- Butter
- Frozen vegetables
- Fresh citrus
- Garlic
- Onion
- Broth

COOKING SPRAY
SOY SAUCE
MUSTARD
MAYO
KETCHUP

*Cider vinegar has a balanced sweet-tart flavor, but if you like other vinegars, such as red wine or balsamic, many recipes can handle a vinegar swap.*

*Not just for baking—flour can also be used to thicken sauces and to coat and bread meats.*

*Olive and vegetable oils have a neutral taste, making them versatile in cooking.*

*We specify table salt in our recipes, but you can use kosher or another salt if preferred.*

*Soy sauce adds depth to sauces and marinades.*

*Mayonnaise isn't just a sandwich spread. Use it as a base for sauces and coatings too.*

# FIRST UP, BREAKFAST

GIVE BREAKFAST THE RESPECT IT DESERVES. EVEN WHEN YOU'RE SHORT ON TIME, THESE FRESH AND FLAVORFUL OPTIONS COME TOGETHER QUICKLY TO START YOUR DAY RIGHT.

# CAPRESE AND EGG CIABATTA SANDWICHES

**START TO FINISH** 30 minutes

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Four 3-oz. **ciabatta rolls,** split | One 8-oz. **fresh mozzarella ball,** thinly sliced with a serrated knife | 4 small **Campari** or **roma tomatoes,** thickly sliced | 1 Tbsp. olive oil | ¼ tsp. salt | ⅛ tsp. black pepper | Nonstick cooking spray | 4 **eggs** | ¼ cup **purchased basil pesto** |

**1.** Preheat broiler. Place rolls, cut side up, on a baking sheet. Broil 3 to 4 inches from heat until golden brown, 2 to 4 minutes. Arrange mozzarella on cut side of each roll top. Transfer roll bottoms to a plate.

**2.** Line a small shallow baking pan with foil. Brush foil with a little oil. Add tomatoes to pan. Drizzle with 1 Tbsp. oil; season with salt and pepper. Broil 3 to 4 inches from heat until tomatoes are sizzling and softened, 4 minutes. Broil cheese-topped rolls on baking sheet 3 to 4 inches from heat until cheese is melted, 1 to 2 minutes.

**3.** Coat a 10-inch nonstick skillet with cooking spray; place over medium-high. Crack eggs into skillet; spoon pesto around eggs. Cook until whites are just set and yolks are desired doneness, 4 to 6 minutes.

**4.** Transfer eggs to roll bottoms. Top with tomatoes. Add roll tops, cheese side down. **Makes 4 sandwiches.**

**PER SANDWICH** *544 cal., 30 g fat (10 g sat. fat), 230 mg chol., 958 mg sodium, 42 g carb., 2 g fiber, 1 g sugars, 25 g pro.*

# COTTAGE CHEESE BOWL WITH BERRIES

**START TO FINISH** 10 minutes

| | | | | | |
|---|---|---|---|---|---|
| One 15- to 16-oz. container **low-fat small-curd cottage cheese** (about 2 cups) | 2½ cups **frozen wild blueberries** or **blueberries,** divided | 2 **bananas,** peeled and sliced, divided | 2 Tbsp. packed **brown sugar** | 1 cup **granola** | Honey (optional) |

*PROTEIN BOOST Blending cottage cheese and frozen fruit together creates a tasty high-protein smoothie without the addition of protein powder.*

**1.** In a blender or food processor combine cottage cheese, 2 cups of the frozen blueberries, half of the banana slices, and the brown sugar; cover and blend until smooth, stopping to scrape down sides as needed.

**2.** Divide berry mixture among four bowls. Top with remaining ½ cup blueberries, banana slices, and granola. Drizzle with honey (if using). **Makes 4 servings** (1 cup berry mixture + toppers each).

**PER SERVING** *326 cal., 7 g fat (2 g sat. fat), 14 mg chol., 398 mg sodium, 53 g carb., 7 g fiber, 30 g sugars, 15 g pro.*

# GOLDEN TROPICAL OATMEAL

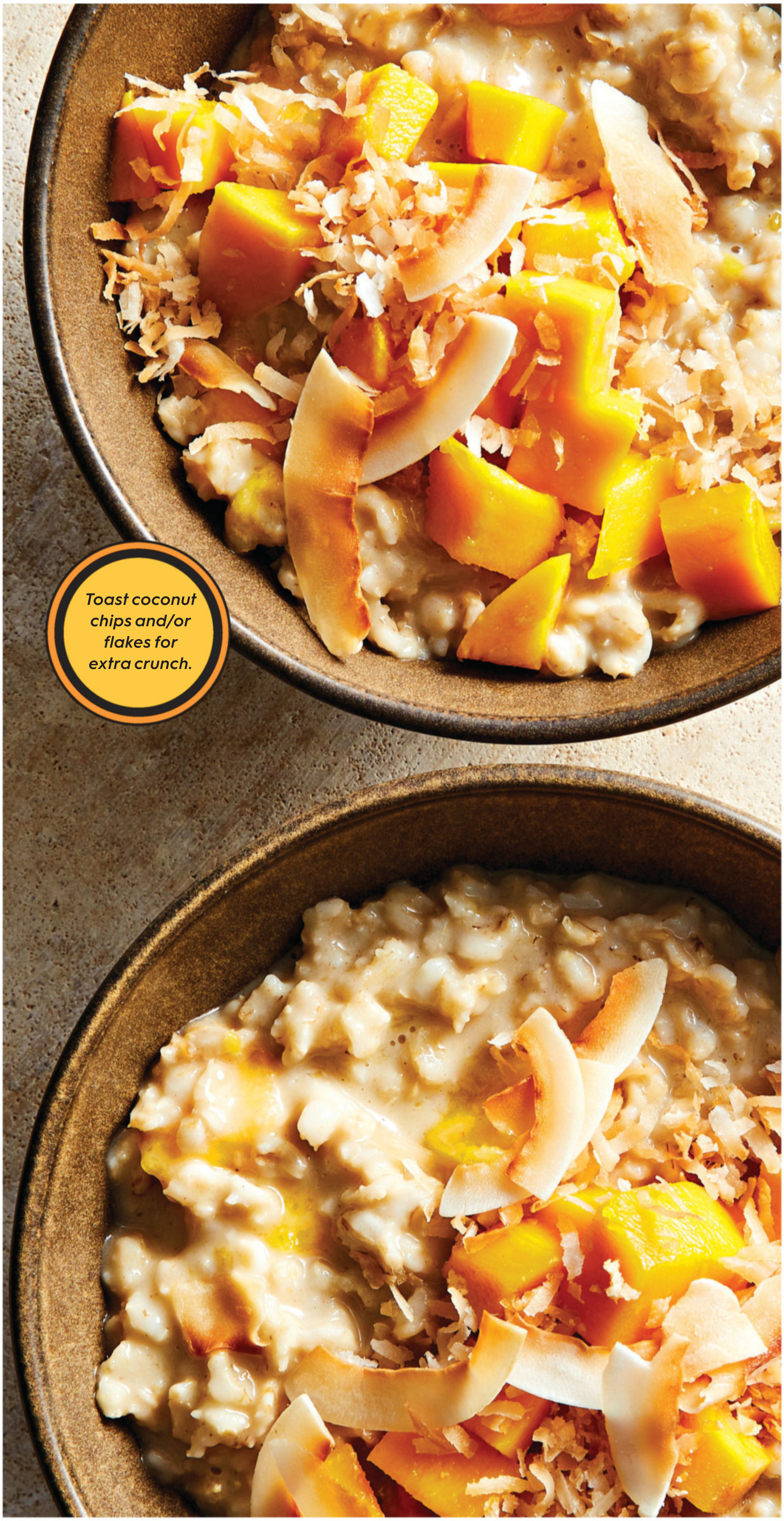
**START TO FINISH** 20 minutes

| |
|---|
| 1 large ripe **mango,** seeded, peeled, and cubed, divided |
| 2⅓ cups water |
| One 13- to 14-oz. can **unsweetened coconut milk** |
| 1½ cups **regular rolled oats** |
| 1½ tsp. **ground ginger** |
| ½ tsp. salt |
| ¾ cup **sweetened flaked coconut,** toasted (tip, *above*) |

**1.** In a medium saucepan combine ¼ cup of the mango and the next five ingredients (through salt). Bring to boiling; reduce heat to medium-low. Simmer, stirring frequently, until mixture is thickened and oats are tender, 10 minutes.

**2.** Divide oat mixture among four bowls. Top with remaining mango and the coconut. **Makes 4 servings** (¾ cup each).

**PER SERVING** *412 cal., 25 g fat (21 g sat. fat), 0 mg chol., 389 mg sodium, 42 g carb., 6 g fiber, 17 g sugars, 5 g pro.*



*Toast coconut chips and/or flakes for extra crunch.*

EASY BREAKFAST CHILAQUILES

### *PICKLED RED ONION*

***In** a medium bowl combine ½ cup red wine vinegar, 1 Tbsp. sugar, and ¼ tsp. salt, stirring until sugar is dissolved. Stir in 2 cups thinly sliced red onion. Cover and let stand at room temperature, stirring occasionally, 1½ hours, or chill up to 3 days. Drain before using. Makes about 2 cups.*

# EASY BREAKFAST CHILAQUILES

**START TO FINISH** 25 minutes

- Twelve 5- to 6-inch **corn tortillas,** cut into 1-inch-wide strips
- 3 Tbsp. vegetable oil, divided
- ¾ tsp. salt, divided
- One 15-oz. jar **red enchilada sauce** (about 2 cups), such as Siete
- 4 **eggs**
- ¼ tsp. black pepper
- 1 **avocado,** halved, seeded, peeled, and sliced
- Pickled Red Onion (recipe, *opposite*) (optional)
- ½ cup crumbled **Cotija cheese** (3 oz.)

**1.** Preheat oven to 375°F. In a 15x10-inch baking pan toss tortilla strips with 2 Tbsp. of the oil and ½ tsp. of the salt. Arrange tortilla strips in an even layer. Bake, stirring occasionally, until tortilla strips are crispy and golden brown, 15 to 18 minutes.

**2.** Meanwhile, place enchilada sauce in a large saucepan. Bring to a simmer over medium-high. Cover; reduce heat to low.

**3.** In a 10-inch nonstick skillet heat the remaining 1 Tbsp. oil over medium-high. Crack eggs into skillet; season with pepper and remaining ¼ tsp. salt. Fry until whites are just set.

**4.** Stir tortilla strips into warmed sauce, tossing to coat evenly. Divide among four plates. Top with eggs, avocado, and Pickled Red Onion (if using). Sprinkle with cheese. **Makes 4 servings** (⅔ cup chilaquiles + 1 egg each).

**PER SERVING** *478 cal., 29 g fat (6 g sat. fat), 201 mg chol., 1,309 mg sodium, 43 g carb., 6 g fiber, 2 g sugars, 14 g pro.*

# TOAD-IN-THE-HOLE TARTS

**HANDS ON** 15 minutes **AIR FRY** 13 minutes per batch at 375°F

- ½ of a 17.3-oz. pkg. **frozen puff pastry** (1 sheet), thawed (tip, *below*)
- ½ cup shredded **smoked Gouda** or **smoked cheddar cheese** (2 oz.), divided
- ¼ cup diced **cooked ham**
- 4 **eggs**
- ¼ tsp. black pepper
- 1 Tbsp. chopped **fresh dill**
- Hot pepper sauce (optional)

**1.** Unfold pastry sheet on a work surface and cut into four equal squares. Working in batches if needed, arrange pastry squares in a single layer in air-fryer basket (do not overcrowd). Cook at 375°F until puffed and browned, 5 to 6 minutes.

**2.** Using the back of a metal tablespoon, gently press center of each pastry square to form an indentation. Place 1 Tbsp. each cheese and ham into each indentation. Return pastry squares to basket. One at a time, crack an egg into a small bowl; pour 1 egg into each indentation. Sprinkle with pepper.

**3.** Cook 4 minutes. Top each tart with another 1 Tbsp. cheese. Cook until egg whites are set, 4 to 5 minutes more. Keep cooked tarts warm in a 200°F oven, if necessary. Top with dill. Serve with hot pepper sauce (if using). **Makes 4 tarts.**

**PER TART** *370 cal., 24 g fat (12 g sat. fat), 203 mg chol., 523 mg sodium, 24 g carb., 2 g fiber, 2 g sugars, 15 g pro.*

***Thaw puff pastry in the fridge overnight so it's ready to use in the morning.***

# BLENDS ON DEMAND

THERE'S A LOT TO LOVE ABOUT SMOOTHIE JOINTS AND THEIR DRIVE-THROUGH SPEED. BUT IF YOU KEEP THE INGREDIENTS ON HAND, IT'S JUST AS EASY (AND LESS EXPENSIVE!) TO MAKE YOUR OWN. THESE COPYCAT BLENDS ARE SPOT ON.

# ISLAND MAMAS

## (TROPICAL SMOOTHIE CAFE)

**START TO FINISH** 5 minutes

| | |
|---|---|
| 2 | cups **frozen sliced strawberries** (unsweetened) |
| 1½ | cups **frozen pineapple chunks** |
| 1 | cup **refrigerated original sweetened coconut milk** or **any milk** |
| 3 | Tbsp. **white chocolate-flavor sauce** (such as Torani or Ghirardelli) |
| 2 | Tbsp. **raw chip coconut** |
| | Pineapple wedges and/or toasted coconut (optional) |

In a blender combine the first five ingredients (through raw chip coconut). Cover and blend until nearly smooth, with small flecks of coconut remaining, stopping and scraping sides as needed. If necessary, add additional milk to reach desired consistency. Top with pineapple wedges and/or toasted coconut (if using). **Makes 2 servings.**

**PER SERVING** *277 cal., 6 g fat (5 g sat. fat), 0 mg chol., 77 mg sodium, 56 g carb., 5 g fiber, 35 g sugars, 2 g pro.*

# GREEN PASSION SMOOTHIES

## (PANERA)

**START TO FINISH** 5 minutes

| | |
|---|---|
| 1 | cup **frozen sliced peaches** |
| ¾ | cup **passion fruit juice,** chilled |
| ½ | cup lightly packed **fresh spinach** |
| ½ | cup **frozen mango chunks** |
| ¼ | cup **white grape juice,** chilled |
| ¼ | to ½ cup ice cubes |

In a blender combine the first five ingredients (through white grape juice). Cover and blend until smooth, stopping to scrape down sides as needed. With blender running, add ice cubes, one at a time, through the lid opening, until desired consistency. **Makes 2 servings.**

**PER SERVING** *131 cal., 0 g fat, 0 mg chol., 15 mg sodium, 34 g carb., 1 g fiber, 30 g sugars, 1 g pro.*

# STRAWBERRY BANANA SMOOTHIES

### (MCDONALD'S)

**START TO FINISH** 5 minutes

| | |
|---|---|
| 1½ | cups **frozen sliced strawberries** (unsweetened) |
| 1 | large **banana**, sliced and frozen (1 cup) (tip, *p. 92*) |
| ½ | cup **powdered sugar** |
| ½ | cup **strawberry-flavor yogurt** |
| ½ | cup **dairy milk** or **any milk** |
| ½ | cup ice cubes |

In a blender combine all ingredients. Cover and blend until smooth, stopping to scrape down sides and adding additional milk as needed to reach desired consistency. **Makes 2 servings.**

**PER SERVING** *320 cal., 3 g fat (1 g sat. fat), 8 mg chol., 71 mg sodium, 71 g carb., 3 g fiber, 58 g sugars, 6 g pro.*

# BERRY PUNCH SMOOTHIES

## (SMOOTHIE KING)

**START TO FINISH** 5 minutes

- 1 cup **apple-berry juice blend,** chilled
- 1 cup **frozen sliced strawberries** (unsweetened)
- 1 cup **frozen mixed berry blend** (strawberries, blueberries, and raspberries)
- ¼ cup **coconut water,** chilled
- 2 Tbsp. sugar
- ½ to 1 cup ice cubes

In a blender combine all ingredients. Cover and blend until smooth, stopping to scrape down sides as needed. **Makes 2 servings.**

**PER SERVING** *174 cal., 1 g fat (0 g sat. fat), 0 mg chol., 42 mg sodium, 44 g carb., 4 g fiber, 32 g sugars, 1 g pro.*

# MANGO CHAMOY SMOOTHIES

(MANGONADA)

**START TO FINISH** 10 minutes

| | |
|---|---|
| | **Chamoy sauce** |
| | **Chile-lime seasoning** |
| 2 | cups **frozen mango chunks** |
| 1¼ | cups **mango nectar,** chilled |
| ½ | cup ice cubes |
| 2 | Tbsp. **fresh lime juice** |
| | Tamarind candy straws (optional) |

Dip the rims of two smoothie glasses in chamoy sauce and then in seasoning. In a blender combine frozen mango, mango nectar, ice, and lime juice. Cover and blend until smooth, stopping to scrape down sides as needed. Drizzle additional chamoy in each glass; top with smoothie. Serve with tamarind candy straws (if using). **Makes 2 servings.**

**PER SERVING** *206 cal., 0 g fat, 0 mg chol., 358 mg sodium, 54 g carb., 1 g fiber, 48 g sugars, 1 g pro.*

*CHAMOY SAUCE is salty, sweet, sour, and spicy all at the same time. Originating in Mexico, it is made of pickled dried fruit (such as mango), chili powder, sugar, and salt. Its vibrant red color works well as a drink swirl and/or glass rimmer, and it tastes delicious with fresh fruit or vegetables. Find this saucy condiment at Mexican markets or in the Mexican/Latin aisle of larger supermarkets.*

# APPS FROM THE AIR FRYER

NEED AN APPETIZER TO GET THE PARTY STARTED? YOUR AIR FRYER HAS YOU COVERED. WE PULLED TOGETHER A COLLECTION OF OUR FAVORITE SNACKS AND MUNCHIES YOUR GUESTS WILL LOVE.

# CHICKEN BACON RANCH PINWHEELS

**HANDS ON** 10 minutes
**AIR FRY** 10 minutes per batch at 350°F

| | |
|---|---|
| 1 | 8-oz. pkg. **refrigerated crescent dough sheet** (1 dough sheet) |
| ½ | cup shredded **cooked chicken** |
| 4 | slices **bacon,** crisp-cooked and crumbled (⅓ cup) |
| 2 | Tbsp. **ranch salad dressing** |
| 1 | Tbsp. thinly sliced green onion (optional) |
| ⅓ | cup shredded **cheddar cheese** |

**1.** Line air-fryer basket with a perforated parchment paper sheet (tip, *right*). On a lightly floured surface unroll dough; roll out dough to a 12x8-inch rectangle.
**2.** In a small bowl combine chicken, bacon, ranch dressing, and green onion (if using). Top dough with chicken mixture, leaving 1 inch unfilled on one of the shorter sides. Sprinkle with cheese. Starting with the filled short side, roll up dough; press edge to seal. With a serrated knife, cut roll into eight slices.
**3.** Working in batches if needed, arrange pinwheels, cut sides down, in a single layer in prepared basket (do not overcrowd). Cook at 350°F, turning once halfway through, until golden brown and cooked through, 10 minutes. Keep cooked pinwheels warm in a 200°F oven, if necessary. If you like, serve with additional ranch dressing sprinkled with *black pepper* and green onion. **Makes 8 pinwheels.**

**PER PINWHEEL** *154 cal., 8 g fat (3 g sat. fat), 18 mg chol., 361 mg sodium, 14 g carb., 0 g fiber, 2 g sugars, 7 g pro.*

*PERFORATED PARCHMENT PAPER SHEETS are designed for use in air fryers and can be purchased online. Alternatively, cut a piece of parchment to fit your fryer basket. Using a hole punch or sharp pencil, punch holes about 1 inch apart in the parchment paper.*

# SPINACH-ARTICHOKE STUFFED MINI PEPPERS

**HANDS ON** 20 minutes
**AIR FRY** 5 minutes per batch at 375°F

| | |
|---|---|
| 10 | 3-inch **miniature bell peppers** (about 8 oz.) |
| ¾ | to 1 cup **refrigerated spinach-artichoke dip** |
| 1½ | Tbsp. **salted butter,** melted |
| ½ | tsp. **paprika** |
| ½ | cup **panko** |

**1.** Preheat air fryer to 375°F. Slice each pepper in half lengthwise; remove and discard seeds. Fill each pepper half with dip until slightly mounded.
**2.** In a small dish combine melted butter and paprika. Add panko; toss to coat. Dip peppers, filling side down, into panko mixture to coat.
**3.** Working in batches if needed, arrange pepper halves in a single layer in air-fryer basket. Cook until just tender and lightly browned, 5 minutes. Keep cooked peppers warm in a 200°F oven, if necessary. **Makes 10 servings** (2 stuffed pepper halves each).

**PER SERVING** *102 cal., 7 g fat (3 g sat. fat), 14 mg chol., 167 mg sodium, 5 g carb., 1 g fiber, 2 g sugars, 2 g pro.*

# COCONUT SHRIMP

**HANDS ON** 20 minutes
**AIR FRY** 4 minutes per batch at 400°F

| | |
|---|---|
| 1 | lb. **fresh** or **frozen large shrimp in shells** (thawed if frozen) |
| ¼ | cup **cornstarch** |
| 2 | **egg whites,** lightly beaten |
| 1 | Tbsp. water |
| 2½ | cups **flaked coconut** |
| | Nonstick cooking spray |
| ½ | cup **sweet chili sauce** |
| | Lime zest (optional) |

**1.** Peel and devein shrimp, leaving tails intact if you like. Chill until needed.
**2.** Place cornstarch in a shallow dish. In a second shallow dish whisk together egg whites and water. In a third shallow dish place coconut. Dip shrimp into cornstarch, then egg white mixture, then coconut, pressing into coconut to coat. Coat shrimp with cooking spray.
**3.** Working in batches if needed, arrange shrimp in a single layer in air-fryer basket. Cook at 400°F until shrimp are opaque and coconut is toasted, 4 minutes. Serve with chili sauce and sprinkle with zest (if using). **Makes 4 servings** (6 to 7 shrimp each).

**PER SERVING** *399 cal., 16 g fat (14 g sat. fat), 159 mg chol., 485 mg sodium, 45 g carb., 2 g fiber, 18 g sugars, 23 g pro.*

# CRISPY PICKLE CHIPS WITH MUSTARD DIPPING SAUCE

**HANDS ON** 15 minutes
**AIR FRY** 6 minutes per batch at 350°F

| | |
|---|---|
| ½ | cup all-purpose flour |
| 2 | **eggs,** lightly beaten |
| 1 | cup **panko** |
| 1 | 16-oz. jar **reduced-sodium dill pickle slices,** drained |
| | Nonstick cooking spray |
| ¼ | cup mayonnaise |
| 1 | Tbsp. mustard, such as Dijon or Creole |
| 1 | tsp. **fresh lemon juice** |
| ½ | tsp. **smoked paprika** |

**1.** Place flour in a shallow dish. In a second shallow dish place eggs. In a third shallow dish place panko. Pat pickle slices very dry. Dip pickles into flour, then eggs, then panko, pressing into crumbs to coat. Lightly coat pickles with cooking spray.
**2.** Working in batches if needed, arrange pickles in a single layer in air-fryer basket (do not overcrowd). Cook at 350°F until golden brown, 6 minutes.
**3.** Meanwhile, for dipping sauce, in a small bowl stir together mayonnaise, mustard, lemon juice, and smoked paprika. Serve sauce with pickles.
**Makes 6 servings** (⅓ cup pickles + about 1 Tbsp. sauce each).
**PER SERVING** *177 cal., 9 g fat (2 g sat. fat), 66 mg chol., 409 mg sodium, 19 g carb., 2 g fiber, 1 g sugars, 6 g pro.*

*LUMPIA WRAPPERS are made with wheat flour like egg roll wrappers, but much thinner. Look for them in the freezer section of Asian markets.*

# PIMENTO MAC AND CHEESE ROLLS

**HANDS ON** 15 minutes
**AIR FRY** 9 minutes per batch at 375°F

| | |
|---|---|
| 6 | **frozen lumpia wrappers** (tip, *above*) |
| 1 | 10- to 12-oz. container **pimento cheese spread** |
| 1 | cup **dried ditalini** or **small shell pasta,** cooked according to pkg. directions |
| | Nonstick cooking spray |
| | Paprika (optional) |

**1.** Thaw lumpia wrappers according to package directions. In a medium bowl fold together pimento cheese spread and cooked pasta.
**2.** For each cheese roll, place a lumpia wrapper on a work surface with a corner pointing toward you. Spoon ⅓ cup filling onto wrapper just below center. Fold bottom corner of wrapper over filling, tucking it underneath. Fold in opposite corners. Brush remaining side of wrapper with water; roll up tightly to seal. Coat rolls generously with cooking spray.
**3.** Working in batches if needed, arrange rolls in a single layer in air-fryer basket. Cook at 375°F, turning once halfway through, until crisp, 9 to 10 minutes. Keep cooked rolls warm in a 200°F oven, if necessary. If you like, sprinkle with paprika before serving. **Makes 6 rolls.**

**PER ROLL** *210 cal., 9 g fat (6 g sat. fat), 30 mg chol., 342 mg sodium, 22 g carb., 1 g fiber, 3 g sugars, 6 g pro.*

# CHICKEN IN A SKILLET

WINNER, WINNER, IT'S CHICKEN-IN-A-SKILLET DINNER! QUICK-COOKING CUTS PAIR UP WITH VEGGIES, HERBS, AND SAUCES FOR FAMILY-APPROVED STOVE-TOP SUPPERS.

SKILLET CHICKEN WITH ASPARAGUS, P. 24

## SKILLET CHICKEN WITH ASPARAGUS

**PICTURED ON** ***P. 23***

**START TO FINISH** 30 minutes

| | |
|---|---|
| 4 | slices **bacon,** coarsely chopped |
| 4 | 4- to 5-oz. **skinless, boneless chicken thighs** |
| ½ | tsp. salt, divided |
| ½ | tsp. black pepper, divided |
| 1 | cup **reduced-sodium chicken broth** |
| 1 | Tbsp. all-purpose flour |
| 1 | to 2 tsp. Dijon mustard (optional) |
| 1 | lb. **asparagus spears,** trimmed |
| 1 | **yellow summer squash,** halved lengthwise and cut into ½-inch pieces |
| | Pan-seared lemon slices (optional) |

**1.** In a 12-inch skillet cook bacon over medium until crisp. Remove from skillet with a slotted spoon and drain on paper towels. Drain all but 1 Tbsp. bacon drippings from skillet.

**2.** Season chicken with ¼ tsp. each of the salt and pepper. Heat drippings over medium-high. Cook chicken in hot drippings until browned, 6 minutes. Turn; cook until chicken is done (175°F), 6 to 8 minutes more. Remove chicken from skillet.

**3.** In a medium bowl whisk together broth, flour, and mustard (if using). Add to skillet. Cook, stirring, until thickened and bubbly, 3 to 5 minutes. Add chicken to skillet to heat through.

**4.** Meanwhile, in a microwave-safe 2-qt. dish combine asparagus, squash, and 2 Tbsp. *water.* Sprinkle with remaining ¼ tsp. each salt and pepper. Cover with vented plastic wrap. Microwave until vegetables are crisp-tender, stirring once, 3 to 5 minutes.

**5.** Serve chicken with vegetable mixture and sauce. Top with bacon and serve with lemon slices (if using). **Makes 4 servings.**

**PER SERVING** *252 cal., 11 g fat (4 g sat. fat), 11 mg chol., 677 mg sodium, 9 g carb., 3 g fiber, 4 g sugars, 31 g pro.*

## PROSCIUTTO-WRAPPED CHICKEN WITH SPINACH POLENTA

**START TO FINISH** 25 minutes

| | |
|---|---|
| 4 | 6- to 8-oz. **skinless, boneless chicken breasts** |
| 1¼ | tsp. salt, divided |
| ¼ | tsp. black pepper |
| 6 | thin slices **prosciutto** (3 oz.), divided |
| 2 | Tbsp. olive oil |
| 12 | fresh **sage leaves** |
| 3½ | cups water |
| 1 | cup **coarse-ground yellow cornmeal** |
| 1 | 5-oz. pkg. **fresh baby spinach** |

**1.** Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to ¾ inch thick. Season chicken with ¼ tsp. of the salt and the pepper. Wrap one slice of prosciutto around each chicken piece, tucking ends under to make a seam at the bottom. Use remaining two slices of prosciutto to patch gaps.

**2.** In a 12-inch skillet heat oil over medium-high. Add sage; cook until leaves are crisp, about 1 minute. Use a fork to transfer to a plate.

**3.** Reduce heat to medium. Add chicken to skillet, seam sides down, and cook until chicken is done (165°F) and golden brown, about 6 minutes per side.

**4.** Meanwhile, in a medium saucepan bring water and remaining 1 tsp. salt to boiling. Gradually whisk in polenta; reduce heat to medium-low and cook, stirring frequently, until thickened and grains are tender, 5 to 6 minutes.

**5.** Stir spinach into polenta until wilted; remove from heat. Cover and keep warm, stirring often.

**6.** To serve, stir polenta (tip, *opposite*) and divide among plates. Top with chicken and sage leaves. **Makes 4 servings.**

**PER SERVING** *456 cal., 13 g fat (2 g sat. fat), 139 mg chol., 1,404 mg sodium, 34 g carb., 2 g fiber, 0 g sugars, 48 g pro.*

PROSCIUTTO-WRAPPED CHICKEN WITH SPINACH POLENTA

**LOOSEN UP**
*Add warm water if necessary to thin polenta before serving.*

# BLACKENED CAJUN PAN-FRIED CHICKEN THIGHS

**START TO FINISH** 25 minutes

| | |
|---|---|
| 4 | 4- to 5-oz. **skinless, boneless chicken thighs** |
| 2 | tsp. **salt-free Cajun seasoning** |
| ¼ | tsp. salt |
| ¼ | tsp. black pepper |
| 1 | Tbsp. vegetable oil |
| 2 | ears **fresh sweet corn,** husked |
| 1 | 10- to 12-oz. pkg. **frozen** or **fresh whole** or **cut green beans** |
| 2 | cups **cherry tomatoes,** halved |

**1.** Season chicken with Cajun seasoning, salt, and pepper. In a 12-inch nonstick skillet heat oil over medium-high. Add chicken; cook until deep golden brown, about 6 minutes. Turn; cook until chicken is done (175°F), 6 to 8 minutes more.

**2.** Meanwhile, slice kernels off corn cobs, keeping some kernels intact (about 1 cup). Cook frozen green beans according to package directions. (If using fresh green beans, cook in boiling water until crisp-tender, 4 to 6 minutes.) Drain; blot beans dry with a paper towel.

**3.** Remove chicken from skillet, reserving drippings. Add corn and cooked green beans to skillet. Cook, stirring once, until lightly charred, 2 to 3 minutes. Stir in tomatoes. Cook until tomatoes start to soften, 1 to 2 minutes more. Slice chicken and serve with vegetable mixture. **Makes 4 servings.**

**PER SERVING** *259 cal., 9 g fat (2 g sat. fat), 107 mg chol., 268 mg sodium, 18 g carb., 4 g fiber, 7 g sugars, 26 g pro.*

# GENERAL TSO CHICKEN WITH VEGETABLES

**START TO FINISH** 30 minutes

| | |
|---|---|
| 1 | Tbsp. vegetable oil |
| 4 | 4- to 5-oz. **skinless, boneless chicken thighs** |
| ¼ | tsp. salt |
| ¼ | tsp. black pepper |
| 3 | cups **fresh broccoli florets** |
| 1 | cup bite-size strips **red bell pepper** |
| ¾ | cup **bottled General Tso sauce** |
| 2 | 8.8-oz. pouches **cooked long grain** or **jasmine rice** |
| | Toasted sesame seeds (tip, *below*) and/or slivered green onions (optional) |

**1.** In a 12-inch cast-iron skillet heat oil over medium-high. Sprinkle chicken with salt and pepper. Cook chicken in hot oil until deep golden brown, 6 to 8 minutes. Turn and cook until chicken is done (175°F), 6 to 8 minutes more. Remove chicken from skillet.

**2.** Add broccoli and bell pepper to same skillet. Cook and stir until vegetables are crisp-tender, 3 to 5 minutes. Add sauce and chicken to skillet. Cook and stir until chicken mixture is well-coated with sauce and heated through, about 1 minute.

**3.** Heat rice according to package directions. Serve chicken and vegetables with rice. If you like, serve with additional sauce and sprinkle with sesame seeds and/or green onions. **Makes 4 servings.**

**PER SERVING** *455 cal., 12 g fat (3 g sat. fat), 0 mg chol., 860 mg sodium, 60 g carb., 4 g fiber, 18 g sugars, 29 g pro.*

***TOASTING SESAME SEEDS***
*Place sesame seeds in a 6-inch skillet and cook over medium, stirring frequently, until golden and fragrant, 2 to 3 minutes.*

SLICE & CHOP
For ease of eating, thinly slice the apples then do a quick chop.

# SAUSAGE AND APPLES WITH HORSERADISH SPREAD

**START TO FINISH** 30 minutes

| | |
|---|---|
| 1 | 11- to 12-oz. pkg. **roasted garlic chicken sausages** (4), such as Al Fresco brand |
| 1 | tsp. vegetable oil |
| 3 | cups chopped **apples** (tip, *below left*) |
| ¼ | tsp. black pepper |
| ¼ | cup **plain low-fat Greek yogurt** |
| 1 | to 2 tsp. **prepared horseradish** |
| 4 | **whole wheat hot dog buns,** split and toasted (tip, *below*) |

**1.** Heat a 10-inch nonstick skillet over medium; add sausages and cook, turning occasionally, until heated through and seared, about 10 minutes. Remove from skillet and keep warm.

**2.** Reduce heat to medium. Heat oil in skillet; add apples and cook, stirring occasionally, until crisp-tender, about 5 minutes. Stir in pepper.

**3.** In a small bowl stir together yogurt and horseradish. Spread buns with yogurt mixture; top each with a sausage and apples. **Makes 4 servings.**

**PER SERVING** *335 cal., 10 g fat (3 g sat. fat), 66 mg chol., 676 mg sodium, 44 g carb., 7 g fiber, 19 g sugars, 19 g pro.*

*TOASTY BUNS*
*To toast buns, preheat broiler. Place split buns, cut sides up, on a broiler pan. Broil 4 to 5 inches from heat about 1 minute or until browned.*

# ROSEMARY CHICKEN WITH SWEET POTATOES

**START TO FINISH** 30 minutes

| | |
|---|---|
| 4 | tsp. canola or olive oil, divided |
| 1½ | tsp. minced **fresh garlic** (3 cloves) |
| ½ | tsp. salt, divided |
| ½ | tsp. chopped **fresh rosemary,** divided |
| ½ | tsp. black pepper, divided |
| 1 | 20-oz. pkg. **refrigerated diced sweet potatoes** |
| 2 | 8-oz. **skinless, boneless chicken breasts,** halved crosswise |
| 1 | **lemon,** thinly sliced |

**1.** In a 12-inch nonstick skillet heat 3 tsp. of the oil over medium. Stir in garlic and ¼ tsp. each of the salt, rosemary, and pepper. Add potatoes; toss to coat. Cook, covered, 5 minutes (do not stir).

**2.** Push potatoes to one side of skillet. Add remaining 1 tsp. oil to other side of skillet. Arrange chicken in skillet alongside potatoes and cook, uncovered, 8 minutes.

**3.** Stir potatoes and turn chicken. Sprinkle chicken with remaining ¼ tsp. each salt, rosemary, and pepper; top with lemon slices. Cover; cook until chicken is done (165°F) and potatoes are browned, 8 to 10 minutes more. (If necessary, remove potatoes as they become done.) If you like, sprinkle with additional rosemary.

**Makes 4 servings.**

**PER SERVING** *283 cal., 8 g fat (1 g sat. fat), 83 mg chol., 498 mg sodium, 27 g carb., 5 g fiber, 12 g sugars, 28 g pro.*

# PASTA, STAT!

A POTFUL OF PASTA IS THE MOST VERSATILE OF WEEKNIGHT INGREDIENTS—A BLANK CANVAS WAITING TO BECOME A DINNER MASTERPIECE. TOSS IN VEGGIES, PROTEIN, AND SAUCE TO CUSTOMIZE FOR ANY OCCASION.

PASTA WITH BROCCOLI AND CHICKEN SAUSAGE, P. 36

RAVIOLI SKILLET LASAGNA, P. 36

HERBED CHICKEN, ORZO, AND ZUCCHINI, P. 36

CACIO E PEPE WITH CHICKEN, P. 37

TOMATO AND ARTICHOKE PASTA, P. 37

# PASTA WITH BROCCOLI AND CHICKEN SAUSAGE

**PICTURED ON** ***P. 31***
**START TO FINISH** 30 minutes

| | |
|---|---|
| 4 | cups **reduced-sodium chicken broth** |
| 4 | cups water |
| 12 | oz. **fresh pasta,** such as fettuccine or pappardelle |
| 1 | 1½-lb. **head broccoli,** cut into small florets |
| 1 | Tbsp. olive oil |
| 2 | links (6 oz.) **cooked chicken sausage with Italian flavorings,** bias-sliced |
| 1 | **lemon** |
| | Salt |
| | Grated Parmesan cheese (optional) |

**1.** In a large pot bring broth and water to boiling. Add pasta and broccoli; cook according to pasta package directions. Drain, reserving 1 cup cooking water. Return pasta and broccoli to pot.
**2.** Meanwhile, in a large skillet heat oil over medium-high. Add sausage; sauté until lightly browned, 2 to 3 minutes. Transfer sausage and any oil in the pan to pasta mixture.
**3.** Stir in 1 tsp. lemon zest, 2 Tbsp. lemon juice, salt to taste, and enough reserved cooking liquid to moisten. If you like, serve with Parmesan and additional lemon. **Makes 4 servings** (2 cups each).
**PER SERVING** *381 cal., 11 g fat (3 g sat. fat), 37 mg chol., 667 mg sodium, 52 g carb., 5 g fiber, 5 g sugars, 18 g pro.*

*Adding chicken broth to your boiling water infuses the pasta and broccoli with flavor.*

# RAVIOLI SKILLET LASAGNA

**PICTURED ON** ***P. 32***
**START TO FINISH** 25 minutes

| | |
|---|---|
| 2 | cups **chunky-style pasta sauce** |
| ½ | cup water |
| 4 | cups **fresh baby kale** or **spinach** |
| 1 | lb. **frozen meat-** or **cheese-filled ravioli** (4½ cups) |
| ¼ | cup grated **Romano** or **Parmesan cheese** |
| ½ | of a 15-oz. carton **ricotta cheese** |
| 2 | Tbsp. chopped fresh flat-leaf parsley (optional) |

**1.** In a 10-inch skillet combine pasta sauce and water. Bring to boiling. Stir in kale until wilted. Stir in ravioli. Return to boiling; reduce heat. Cover and cook over medium, stirring once, 5 minutes.
**2.** Sprinkle with Romano. Cover; cook over medium-low until pasta is just tender, about 10 minutes more. Meanwhile, in a bowl stir together ricotta and parsley (if using). Divide and smear ricotta mixture in four bowls. Serve ravioli mixture over ricotta mixture. **Makes 4 servings** (1¾ cups each).
**PER SERVING** *310 cal., 8 g fat (3 g sat. fat), 41 mg chol., 1,032 mg sodium, 43 g carb., 5 g fiber, 8 g sugars, 16 g pro.*

# HERBED CHICKEN, ORZO, AND ZUCCHINI

**PICTURED ON** ***P. 33***
**START TO FINISH** 20 minutes

| | |
|---|---|
| 1 | cup **dried orzo pasta** (6 oz.) |
| 4 | 6- to 8-oz. **skinless, boneless chicken breasts** |
| 1 | tsp. dried basil, crushed (optional) |
| | Salt and black pepper |
| 3 | Tbsp. olive oil, divided |
| 2 | medium **zucchini** and/or **yellow summer squash,** halved lengthwise and sliced |
| 2 | Tbsp. **red wine vinegar** |
| 1 | Tbsp. chopped **fresh dill** |

**1.** Cook orzo according to package directions; drain. Return orzo to hot saucepan. Cover; keep warm.
**2.** Meanwhile, season chicken with basil (if using) and salt and pepper to taste. In a 10-inch skillet heat 1 Tbsp. of the oil over medium-high. Add chicken. Cook, turning once, until chicken is done (165°F), about 12 minutes. (Reduce heat to medium if chicken browns too quickly.) Remove chicken from skillet. Add zucchini and/or squash to skillet; cook and stir until crisp-tender, about 3 minutes.
**3.** Add orzo, vinegar, remaining 2 Tbsp. oil, and the dill to skillet. Stir to combine. Serve with chicken and, if you like, sprinkle with additional dill. **Makes 4 servings** (1 chicken breast + 1¼ cups each).
**PER SERVING** *390 cal., 12 g fat (2 g sat. fat), 66 mg chol., 233 mg sodium, 35 g carb., 3 g fiber, 3 g sugars, 33 g pro.*

# CACIO E PEPE WITH CHICKEN

**PICTURED ON** ***P. 34***
**START TO FINISH** 25 minutes

| | |
|---|---|
| 8 | oz. **dried linguine** |
| 2 | Tbsp. olive oil |
| ½ | to 1 tsp. very coarsely ground black pepper |
| 1 | cup very finely shredded **Parmesan cheese,** divided |
| 1½ | cups chopped **cooked chicken** |

**1.** Cook pasta according to package directions; drain, reserving 2 cups cooking water.
**2.** Meanwhile, in a 12-inch skillet heat oil over medium-high. Add pepper; cook and stir until fragrant, about 20 seconds. Remove skillet from heat; carefully add ¾ cup of the reserved cooking water. Return skillet to heat. Bring water to boiling.
**3.** Add pasta to skillet, tossing with tongs to coat. Gradually add ¾ cup of the cheese, tossing to coat and adding enough of the remaining reserved cooking water to reach a creamy consistency. Stir in chicken; heat through. Top with remaining ¼ cup cheese and, if you like, additional pepper. **Makes 4 servings** (1¼ cups each).

**PER SERVING** *416 cal., 15 g fat (4 g sat. fat), 50 mg chol., 280 mg sodium, 41 g carb., 1 g fiber, 2 g sugars, 25 g pro.*

# TOMATO AND ARTICHOKE PASTA

**PICTURED ON** ***P. 35***
**START TO FINISH** 25 minutes

| | |
|---|---|
| 8 | oz. **dried campanelle** or **penne pasta** (2½ cups) |
| ¼ | cup olive oil, divided |
| 1 | 6.5- to 7.5-oz. jar quartered **marinated artichoke hearts,** drained |
| 10 | to 12 oz. **cherry tomatoes** |
| ½ | cup pitted **Kalamata olives** |
| 12 | sprigs **fresh thyme** and/or **oregano** |
| ½ | tsp. crushed red pepper (optional) |

**1.** Preheat oven to 400°F. Cook pasta according to package directions; drain. Return pasta to pot. Add 1 Tbsp. of the oil; toss to coat.
**2.** Meanwhile, in a shallow baking pan combine remaining ingredients. Drizzle with remaining 3 Tbsp. oil. Roast, stirring once, until tomatoes are sizzling and beginning to burst, 5 to 7 minutes. Remove herb leaves from stems; add leaves to pasta and discard herb stems. Add tomato mixture to pasta; toss to combine. **Makes 4 servings** (1½ cups each).

**PER SERVING** *403 cal., 21 g fat (2 g sat. fat), 0 mg chol., 876 mg sodium, 47 g carb., 3 g fiber, 5 g sugars, 8 g pro.*

# RIGATONI WITH SAUSAGE AND BELL PEPPERS

**START TO FINISH** 25 minutes

| | |
|---|---|
| 8 | oz. **dried rigatoni pasta** (4 cups) |
| 1 | lb. bulk **hot Italian sausage** |
| 2 | medium **red bell peppers,** cut into ¾-inch pieces |
| ½ | cup **reduced-sodium vegetable** or **beef broth** |
| ¼ | tsp. black pepper |
| ¼ | cup chopped **fresh flat-leaf parsley** |

**1.** Cook pasta according to package directions; drain. Transfer pasta to a large serving dish. Cover; keep warm.
**2.** Meanwhile, in a 10-inch skillet cook sausage and bell peppers over medium-high until sausage is cooked; drain off fat. Add sausage mixture to pasta.
**3.** Add broth and black pepper to skillet. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Remove from heat. Pour over pasta; add parsley. Stir gently to coat. **Makes 4 servings** (2 cups each).

**PER SERVING** *556 cal., 26 g fat (11 g sat. fat), 78 mg chol., 713 mg sodium, 47 g carb., 3 g fiber, 4 g sugars, 24 g pro.*

# HAND IT OVER

IT'S TIME FOR A SANDWICH REVOLUTION, AND THESE SEVEN HANDHELDS ARE LEADING THE CHARGE. WHETHER SERVED IN BUNS, BREAD, TORTILLAS, OR LETTUCE, THE FLAVORFUL FILLINGS PROVE A SANDWICH DOESN'T REQUIRE A LONG INGREDIENTS LIST.

SERRANO-TOFU LETTUCE WRAPS, P. 41

# PESTO GRILLED CHEESE SANDWICHES

**START TO FINISH** 25 minutes

| | |
|---|---|
| 4 | slices **sourdough bread** |
| | **Vegetable or olive oil** |
| 2 | Tbsp. **purchased basil pesto** (tip, *above right*), divided |
| 2 | slices **provolone cheese** |
| 4 | slices **tomato** |
| 2 | slices **Havarti cheese** |

**1.** Heat a 10-inch nonstick skillet over medium. Brush outside of bread slices with oil. Spread inside of bread slices with pesto.
**2.** Place two of the bread slices in skillet, oiled sides down. Top with provolone, tomato, Havarti, and remaining bread slices, pesto sides down.
**3.** Cook, turning carefully halfway through, until both sides are golden brown and cheese has melted, 8 to 10 minutes. **Makes 2 sandwiches.**

**PER SANDWICH** *436 cal., 27 g fat (10 g sat. fat), 36 mg chol., 777 mg sodium, 29 g carb., 2 g fiber, 4 g sugars, 18 g pro.*

*FRESH PESTO*
*For best flavor, use refrigerated pesto rather than the shelf-stable jarred variety.*

**PESTO GRILLED CHEESE SANDWICH**

PEPERONCINI BEEF SANDWICHES

## PEPERONCINI BEEF SANDWICHES

**START TO FINISH** 30 minutes

| | |
|---|---|
| 1 | 16-oz. jar sliced **peperoncini peppers** |
| 1½ | lb. **ground beef** |
| ½ | cup water |
| 1 | 0.5- to 0.75-oz. pkg. **Italian dry salad dressing mix** |
| ½ | tsp. dried oregano, crushed (optional) |
| 8 | **hoagie buns,** split and toasted |
| 8 | oz. shredded **provolone** or **mozzarella cheese** |

Drain peperoncini peppers, reserving 2 Tbsp. brine. In a 10-inch skillet cook beef over medium until browned; drain off any fat. Stir in reserved brine, the water, peppers, salad dressing mix, and oregano (if using). Bring to boiling; reduce heat. Cook, covered, 15 minutes. Serve in buns topped with cheese. **Makes 8 sandwiches.**

**PER SANDWICH** *479 cal., 19 g fat (8 g sat. fat), 71 mg chol., 1,319 mg sodium, 43 g carb., 1 g fiber, 0 g sugars, 30 g pro.*

## SERRANO-TOFU LETTUCE WRAPS

**PICTURED ON** *P. 39*

**START TO FINISH** 25 minutes

| | |
|---|---|
| ¼ | cup reduced-sodium soy sauce |
| 3 | Tbsp. water |
| 1 | Tbsp. sugar |
| 1 | Tbsp. vegetable oil, divided |
| 1 | 14- to 16-oz. pkg. **water-packed extra-firm tofu,** drained and coarsely crumbled |
| 2½ | tsp. minced **fresh garlic** (5 cloves) |
| 1 | to 2 small **serrano peppers,** thinly sliced (tip, *p. 50*) |
| 1 | cup **Thai basil leaves** |
| ¼ | tsp. black pepper |
| 16 | **Bibb** or **iceberg lettuce** leaves |
| | Sweet chili sauce (optional) |

**1.** In a bowl combine soy sauce, water, and sugar. Stir until sugar has dissolved.

**2.** In a 10-inch nonstick skillet heat 2 tsp. of the oil over medium-high. Cook tofu in hot oil until golden, about 10 minutes. Remove tofu from skillet; add remaining 1 tsp. oil. Add garlic to skillet; cook until soft, 2 to 3 minutes. Add half of the soy sauce mixture and the tofu. Simmer 2 minutes. Add serrano and remaining sauce; cook and stir until slightly thickened, 1 minute more. Stir in basil leaves and black pepper.

**3.** To serve, stack two lettuce leaves together. Fill with tofu mixture and top with additional basil leaves and chili sauce (if using). **Makes 4 servings** (2 lettuce wraps each).

**PER SERVING** *151 cal., 8 g fat (0 g sat. fat), 0 mg chol., 449 mg sodium, 10 g carb., 3 g fiber, 5 g sugars, 11 g pro.*

# PEACHY GRILLED BRATS WITH YOGURT-MUSTARD SAUCE

**START TO FINISH** 30 minutes

| | |
|---|---|
| 4 | **uncooked jalapeño-cheese, applewood-smoked,** or **desired-flavor bratwursts** |
| 2 | **medium fresh peaches,** halved and pitted |
| | Vegetable oil |
| | Salt and black pepper |
| 4 | **plain** or **whole grain bratwurst buns,** split and toasted |
| ¼ | cup **plain Greek yogurt** |
| ¼ | cup **whole grain mustard** |

**1.** Grill bratwursts, covered, over indirect medium heat until done (160°F), 20 minutes, turning occasionally to brown evenly.
**2.** Meanwhile, brush peach halves lightly with oil and sprinkle with salt and pepper. Place peaches, cut sides down, on grill rack over direct heat. Grill until charred, 5 to 7 minutes. Remove and chop. Brush buns with oil. Place, cut sides down, on grill rack over direct heat. Grill until toasted, 1 to 2 minutes.
**3.** In a small bowl stir together yogurt and mustard. Serve bratwursts in buns topped with peaches and yogurt sauce. **Makes 4 brats.**

**PER BRAT** *533 cal., 28 g fat (10 g sat. fat), 62 mg chol., 1,385 mg sodium, 42 g carb., 1 g fiber, 10 g sugars, 23 g pro.*

# PORK TENDERLOIN SANDWICHES

**START TO FINISH** 30 minutes

| | |
|---|---|
| 1 | lb. **pork tenderloin** |
| ¼ | cup all-purpose flour |
| ¼ | tsp. salt |
| ¼ | tsp. black pepper |
| 1 | **egg** |
| 1 | Tbsp. water or milk |
| ½ | cup **seasoned fine dry bread crumbs** |
| 2 | Tbsp. vegetable oil |
| 4 | **kaiser rolls** or **large hamburger buns,** split and toasted |
| | Toppers, such as ketchup, mustard, onion, and pickles (optional) |

**1.** Trim fat from meat. Cut meat crosswise into four pieces. Using flat side of a meat mallet, flatten pork pieces between two pieces of plastic wrap to about ¼ inch thick.

**2.** In a shallow bowl combine flour, salt, and pepper. In another shallow bowl whisk together egg and water. In a third bowl place bread crumbs. Dip pork into flour mixture to coat. Dip into egg mixture; coat with bread crumbs.

**3.** In a 10-inch heavy skillet heat oil over medium. Working in batches, add pork; cook, turning once, until browned and meat is slightly pink in center, 6 to 8 minutes (tip, *below*).

**4.** Serve tenderloin slices in rolls with desired toppers.

**Makes 4 sandwiches.**

**PER SANDWICH** *424 cal., 13 g fat (3 g sat. fat), 127 mg chol., 776 mg sodium, 42 g carb., 2 g fiber, 7 g sugars, 33 g pro.*

*BATCH SUCCESS*
*Cook two pork pieces at a time. Keep warm on a baking sheet in a 300°F oven until all four are done. Add additional oil to pan if needed.*

SHRIMP BANH MI-STYLE SANDWICHES

*SRIRACHA MAYONNAISE*
*If you can't find sriracha mayonnaise, make your own. In a small bowl whisk together ⅓ cup mayonnaise, 2 Tbsp. sriracha sauce, 1 tsp. fresh lime juice or rice vinegar, and 1 tsp. honey.*

# SHRIMP BANH MI-STYLE SANDWICHES

**START TO FINISH** 15 minutes

| | |
|---|---|
| 2 | large **carrots** |
| 2 | Tbsp. cider vinegar |
| 2 | tsp. sugar |
| 1 | tsp. salt |
| 1½ | lb. **frozen peeled and cooked extra-large shrimp,** thawed, tails removed |
| ½ | cup **sriracha mayonnaise** (tip, *above right*), divided |
| 4 | **Vietnamese-style baguettes** or **crusty hoagie buns,** split and lightly toasted |
| 1 | cup **fresh cilantro leaves** |

**1.** Use a coarse grater to shred the carrots or use a julienne peeler to cut them into thin strips (you should have 1½ cups). Combine vinegar, sugar, and salt in a screw-top jar. Cover; shake to dissolve sugar and salt. Add carrots; cover and set aside, shaking occasionally to coat carrots with liquid.

**2.** In a medium bowl combine shrimp and 6 Tbsp. of the sriracha mayonnaise. Divide mixture among rolls.

**3.** Drain liquid from the carrots; discard liquid. Mound carrots on rolls. Drizzle with remaining 2 Tbsp. sriracha mayonnaise. Top with cilantro. **Makes 4 sandwiches.**

**PER SANDWICH** *719 cal., 22 g fat (2 g sat. fat), 285 mg chol., 1,535 mg sodium, 76 g carb., 5 g fiber, 17 g sugars, 37 g pro.*

# CHORIZO-POTATO TACOS WITH COLLARDS

**START TO FINISH** 30 minutes

| | |
|---|---|
| 8 | oz. **collard greens** |
| ¼ | cup vegetable oil |
| 3 | cups **frozen diced hash brown potatoes** |
| 1 | lb. **uncooked chorizo sausage,** casings removed if present |
| 16 | 6-inch **corn tortillas,** warmed (tip, *opposite*) |
| | Toppers, such as salsa verde and crumbled queso fresco or Cotija cheese (optional) |
| | Lime wedges (optional) |

**1.** Trim center veins from collard greens; chop leaves (should have about 3 cups).

**2.** In a 12-inch skillet heat oil over medium-high. Add hash brown potatoes; cook, turning every 4 minutes, until golden, 12 minutes. Remove from skillet.

**3.** Add sausage to skillet. Cook over medium until browned and crispy, 10 minutes. Stir in collard greens; cook until softened. Return hash browns to skillet; heat through.

**4.** Spoon sausage mixture onto warm tortillas. Add desired toppers and serve with lime wedges (if using). **Makes 4 servings** (4 tacos each).

**PER SERVING** *992 cal., 61 g fat (19 g sat. fat), 103 mg chol., 1,644 mg sodium, 75 g carb., 9 g fiber, 2 g sugars, 38 g pro.*

CHORIZO-POTATO TACOS WITH COLLARDS

**WARM TORTILLAS**
*Layer tortillas between paper towels and microwave 20 to 30 seconds.*

# CHICKEN STRIP CHANGE-UP

KEEP MEALTIME SIMPLE BY STARTING WITH HUMBLE FROZEN CHICKEN TENDERS. PREPARE STRIPS ACCORDING TO PACKAGE DIRECTIONS, THEN CHOOSE HOW TO USE THEM.

## LOADED MASHED POTATO BOWLS

Prepare 8 **frozen cooked, breaded chicken strips** (10 to 12 oz. total) according to package directions; cool slightly. Heat one 24-oz. pkg. **refrigerated mashed potatoes** according to package directions; divide among four bowls. Top each bowl with ⅓ cup warmed **brown gravy,** ¼ cup cooked **frozen whole kernel corn,** two chicken strips, and ¼ cup shredded **cheddar cheese.** **Makes 4 bowls.**

**PER BOWL** *468 cal., 23 g fat (12 g sat. fat), 89 mg chol., 1,620 mg sodium, 43 g carb., 3 g fiber, 5 g sugars, 24 g pro.*

## CHICKEN AND WAFFLE SLIDERS

Prepare 4 **frozen cooked, breaded chicken strips** (5 to 6 oz. total) according to package directions; cool slightly and cut each into three pieces. Meanwhile, prepare 24 **frozen mini waffles** according to package directions. Brush one side of each waffle with 1 Tbsp. melted **salted butter.** Place one piece of chicken on buttered side of 12 waffles. Drizzle with **honey, hot honey,** or **maple syrup;** top each with 1 **dill pickle slice.** Top with remaining waffles, buttered sides down. If you like, serve with additional honey, hot honey, or maple syrup. **Makes 12 sliders.**

**PER SLIDER** *391 cal., 28 g fat (15 g sat. fat), 69 mg chol., 403 mg sodium, 31 g carb., 1 g fiber, 11 g sugars, 6 g pro.*

## BUFFALO BIRD DOGS

Prepare 8 **frozen cooked, breaded chicken strips** (10 to 12 oz. total) according to package directions. Meanwhile, lightly toast 4 **hot dog buns.** Toss cooked chicken strips with ¼ cup purchased **buffalo wing sauce.** Arrange 2 chicken strips on each bun. Sprinkle each sandwich with 1 Tbsp. shredded **pepper Jack cheese** or **crumbled blue cheese** (optional). Drizzle each sandwich with 1 Tbsp. **ranch** or **blue cheese dressing.** Makes 4 sandwiches.

**PER SANDWICH** *362 cal., 15 g fat (4 g sat. fat), 55 mg chol., 1,418 mg sodium, 33 g carb., 1 g fiber, 6 g sugars, 22 g pro.*

## CRISPY ASIAN-STYLE CHICKEN SALAD

Prepare 8 **frozen cooked, breaded chicken strips** (10 to 12 oz. total) according to package directions; cool slightly and coarsely chop. Spread one 14-oz. pkg. **shredded cabbage with carrot (coleslaw mix)** on a platter. Drizzle coleslaw with ⅓ cup bottled **Asian-style sesame** or **ginger salad dressing;** toss lightly to combine. Top with one 11-oz. can **mandarin oranges** (drained), chopped chicken strips, and ½ cup **chow mein noodles.** Makes 4 servings (2 cups each).

**PER SERVING** *333 cal., 15 g fat (2 g sat. fat), 45 mg chol., 873 mg sodium, 30 g carb., 4 g fiber, 13 g sugars, 19 g pro.*

# CATCH OF THE DAY

TONIGHT'S SIMPLIFIED DINNER IS SERVED UP WITH A SURFSIDE THEME. JUST A FEW BIG, BOLD INGREDIENTS ADD POPS OF FLAVOR TO SALMON, HALIBUT, AND OTHER FRESH SEAFOOD FINDS.

# CHIPOTLE-HONEY GLAZED SHRIMP AND PINEAPPLE SKEWERS

**START TO FINISH** 25 minutes

| | |
|---|---|
| 24 | **fresh** or **thawed frozen jumbo shrimp** (about 1½ lb.), peeled and deveined |
| 2½ | cups cubed **fresh pineapple** |
| ¼ | cup **salted butter** |
| 2 | to 3 tsp. finely chopped **canned chipotle peppers** in adobo sauce (tip, *p. 50*) |
| 2 | Tbsp. **honey** |
| | Fresh cilantro (optional) |

**1.** Alternately thread shrimp and pineapple onto eight 10-inch skewers (tip, *p. 69*).

**2.** In a 1- or 1½-qt. saucepan melt butter over medium. Add chipotle peppers and cook until fragrant, 1 minute. Add honey; cook, stirring constantly until combined, 1 minute. Remove from heat. Brush skewers with half of the butter mixture.

**3.** Grill skewers, covered, on a greased grill rack over medium until shrimp are opaque and pineapple begins to char, 8 to 10 minutes, turning skewers once and brushing with remaining butter mixture halfway through grilling. Sprinkle with cilantro (if using). **Makes 4 servings.**

**PER SERVING** *309 cal., 12 g fat (7 g sat. fat), 269 mg chol., 280 mg sodium, 22 g carb., 1 g fiber, 18 g sugars, 30 g pro.*

*HOT TIP*
*Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.*

# BASIL HALIBUT WITH JALAPEÑO BUTTER

**START TO FINISH** 20 minutes

| | |
|---|---|
| 4 | 6-oz. **fresh firm white fish fillets** (such as halibut, cod, or flounder) |
| 1 | Tbsp. vegetable or canola oil |
| | Salt and black pepper |
| 6 | Tbsp. **salted butter** |
| 2 | **fresh jalapeño peppers,** stemmed, seeded, and cut into thin strips (tip, *above*) |
| ¼ | cup chopped **fresh basil** |
| 1 | **lime,** cut into wedges |

**1.** Brush fish with oil; sprinkle lightly with salt and black pepper. Grill fish, covered, on a greased rack over medium until fish flakes easily when tested with a fork, 4 to 6 minutes per ½-inch thickness, turning fish once halfway through grilling.
**2.** Meanwhile, in a 10-inch skillet heat butter over medium. Add jalapeños; cook and stir until tender and just beginning to lightly brown, 5 minutes.
**3.** To serve, spoon jalapeño-butter mixture over fish, sprinkle with basil, and serve with lime wedges. **Makes 4 servings.**

**PER SERVING** *419 cal., 31 g fat (13 g sat. fat), 148 mg chol., 370 mg sodium, 2 g carb., 1 g fiber, 1 g sugars, 33 g pro.*

# SEARED SALMON WITH BLISTERED TOMATO JAM AND SPINACH

**START TO FINISH** 20 minutes

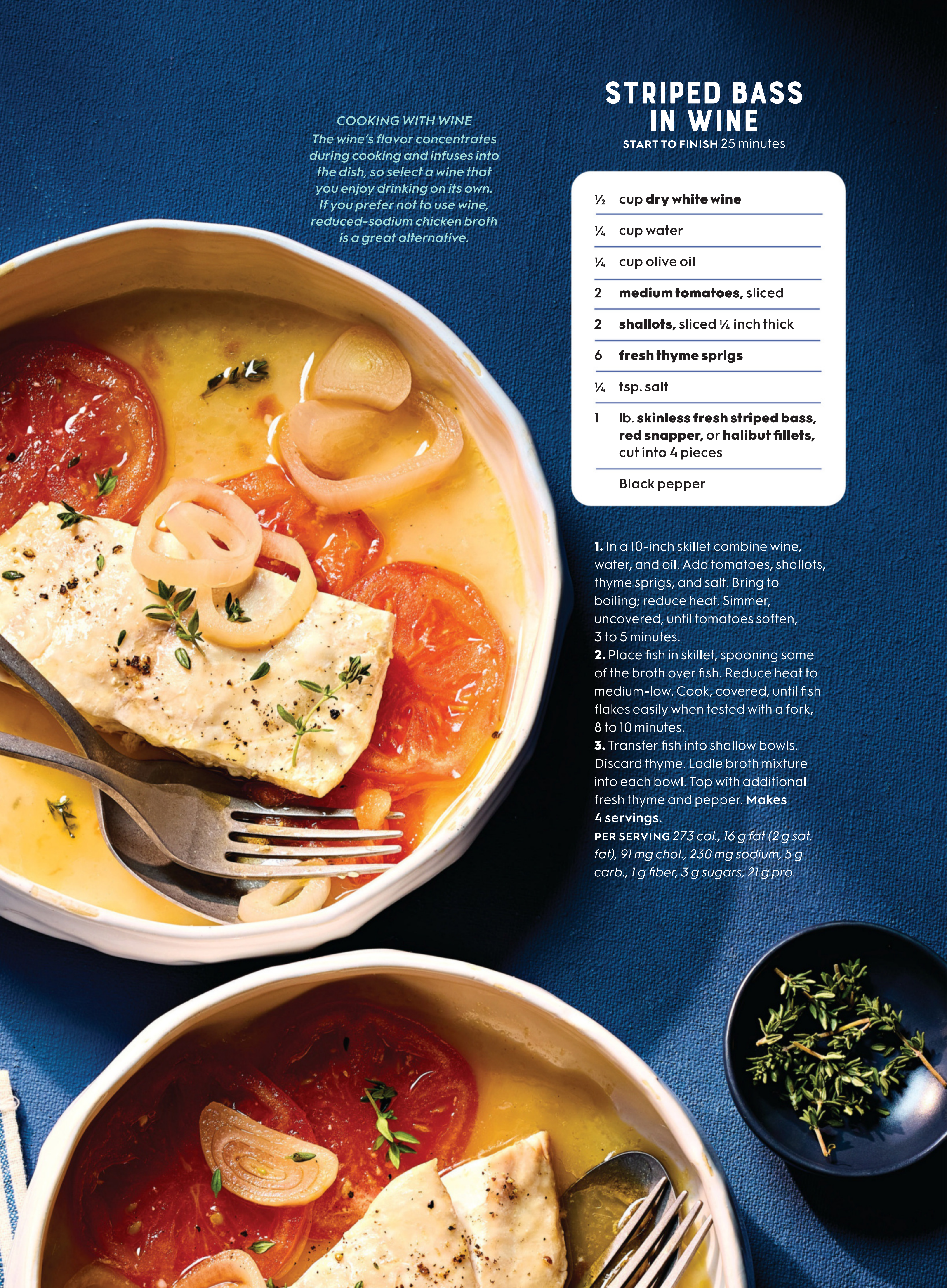
| | |
|---|---|
| 4 | 6-oz. **skin-on fresh wild salmon fillets,** pin bones removed |
| 1½ | tsp. **paprika,** divided |
| ¾ | tsp. salt, divided |
| ½ | tsp. black pepper, divided |
| 2 | Tbsp. olive oil |
| 1 | pt. **cherry tomatoes,** halved |
| 2 | Tbsp. cider vinegar |
| 10 | oz. **fresh baby spinach** |
| 2 | cups **hot cooked brown rice** |

**1.** Pat salmon dry; season with 1 tsp. of the paprika, ½ tsp. of the salt, and ¼ tsp. of the pepper. In 12-inch nonstick skillet heat oil over medium. Place salmon in skillet, skin side up. Cook until golden brown, about 4 minutes. Turn salmon; reduce heat to medium-low. Cook until salmon flakes easily, 2 to 5 minutes more. Transfer to a plate. Cover loosely with foil to keep warm.

**2.** For tomato jam, add tomatoes to drippings in skillet. Cook over medium, stirring occasionally, until tomatoes start to soften, about 5 minutes. Lightly smash tomatoes with the back of a wooden spoon. Sprinkle with remaining ½ tsp. paprika and remaining ¼ tsp. each salt and pepper. Cook until fragrant, 1 minute. Stir in vinegar and cook until slightly reduced, 1 minute more. Transfer to a small bowl (don't wipe skillet clean).

**3.** Add spinach to skillet. Cook and stir over medium until just wilted, about 1 minute. Serve salmon with spinach and rice; top with tomato jam. If you like, serve with *fresh basil leaves* and *pan-seared lemon halves*. **Makes 4 servings.**

**PER SERVING** *457 cal., 19 g fat (3 g sat. fat), 93 mg chol., 576 mg sodium, 32 g carb., 5 g fiber, 3 g sugars, 39 g pro.*



# STRIPED BASS IN WINE

**START TO FINISH** 25 minutes

| | |
|---|---|
| ½ | cup **dry white wine** |
| ¼ | cup water |
| ¼ | cup olive oil |
| 2 | **medium tomatoes,** sliced |
| 2 | **shallots,** sliced ¼ inch thick |
| 6 | **fresh thyme sprigs** |
| ¼ | tsp. salt |
| 1 | lb. **skinless fresh striped bass, red snapper,** or **halibut fillets,** cut into 4 pieces |
| | Black pepper |

**1.** In a 10-inch skillet combine wine, water, and oil. Add tomatoes, shallots, thyme sprigs, and salt. Bring to boiling; reduce heat. Simmer, uncovered, until tomatoes soften, 3 to 5 minutes.

**2.** Place fish in skillet, spooning some of the broth over fish. Reduce heat to medium-low. Cook, covered, until fish flakes easily when tested with a fork, 8 to 10 minutes.

**3.** Transfer fish into shallow bowls. Discard thyme. Ladle broth mixture into each bowl. Top with additional fresh thyme and pepper. **Makes 4 servings.**

**PER SERVING** *273 cal., 16 g fat (2 g sat. fat), 91 mg chol., 230 mg sodium, 5 g carb., 1 g fiber, 3 g sugars, 21 g pro.*

COOKING WITH WINE

*The wine's flavor concentrates during cooking and infuses into the dish, so select a wine that you enjoy drinking on its own. If you prefer not to use wine, reduced-sodium chicken broth is a great alternative.*

# PAN-FRIED TROUT WITH RAS EL HANOUT AND CAULIFLOWER

**START TO FINISH** 30 minutes

| | |
|---|---|
| 3 | Tbsp. olive oil, divided |
| 5 | cups coarsely chopped **fresh cauliflower florets** |
| 2 | tsp. **ras el hanout** (Moroccan-style spice blend), divided |
| ½ | tsp. salt, divided |
| ½ | tsp. black pepper, divided |
| 1 | 8-oz. pouch **cooked quinoa** |
| ¼ | cup chopped **fresh parsley** |
| 4 | 4-oz. **skin-on fresh trout fillets** |
| | Lemon wedges (optional) |

**1.** In a 10-inch nonstick skillet heat 2 Tbsp. of the oil over medium. Add cauliflower; cook, stirring occasionally, until starting to brown, about 15 minutes. Sprinkle with 1 tsp. of the ras el hanout and ¼ tsp. each of the salt and pepper. Cook, stirring occasionally, until fragrant and cauliflower is tender, about 2 minutes. Transfer to a large bowl. Wipe out skillet.

**2.** Add quinoa and parsley to bowl with cauliflower; toss to combine.

**3.** Season trout with remaining 1 tsp. ras el hanout and remaining ¼ tsp. each salt and pepper. Heat remaining 1 Tbsp. oil in skillet over medium-high. Add trout, skin side down. Cook until skin is golden brown and crispy, about 2 minutes. Turn; cook until trout flakes easily, 1 minute more. Serve trout with cauliflower mixture. If you like, sprinkle with additional parsley and serve with lemon wedges.

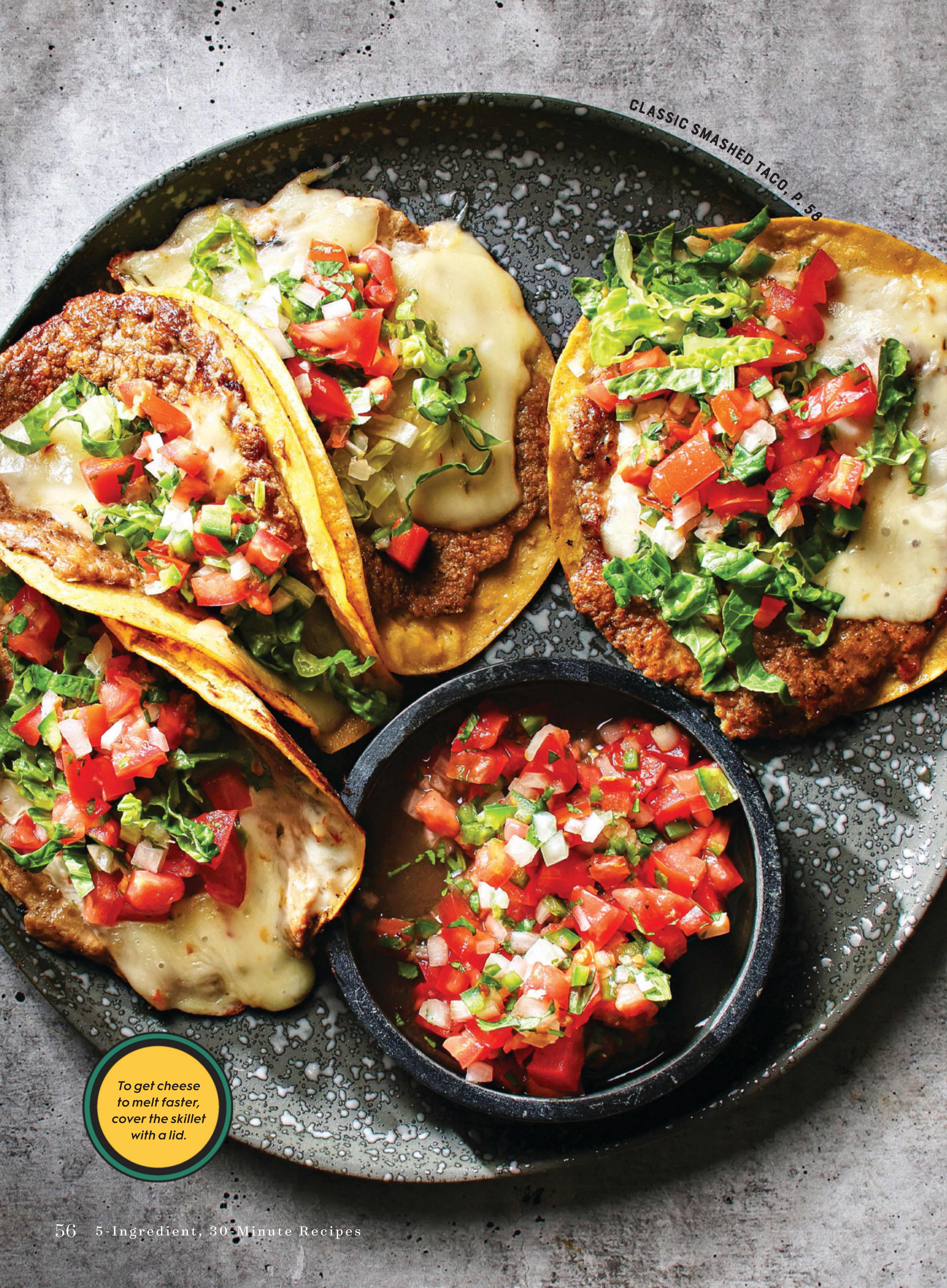
**Makes 4 servings.**

**PER SERVING** *363 cal., 19 g fat (3 g sat. fat), 65 mg chol., 436 mg sodium, 19 g carb., 5 g fiber, 3 g sugars, 29 g pro.*

# SMASH IT!

A MASH-UP BETWEEN TACOS AND SMASH BURGERS BRINGS YOU A NEW WAY TO LOVE EATING (AND MAKING) DINNER AGAIN.
ONCE YOU MASTER THE CONCEPT, THE FLAVOR POSSIBILITIES ARE ENDLESS!

BEEFY BACON AND SWISS TACO, P. 58



CLASSIC SMASHED TACO, P. 58

*To get cheese to melt faster, cover the skillet with a lid.*

SMASHED CHICKEN TACO WITH APPLE, P. 58

*NO SPATULA? NO PROBLEM*

*If you don't have a wide spatula to smash the meat, you can use a heavy pan. Check to make sure the pan is small enough to fit inside the skillet before getting started.*

# BEEFY BACON AND SWISS TACO

**PICTURED ON** ***P. 55***
**START TO FINISH** 30 minutes

| | |
|---|---|
| 1 | Tbsp. vegetable oil |
| 1 | cup thinly sliced **onion** |
| 1 | lb. **90% lean ground beef** |
| ½ | tsp. salt |
| ½ | tsp. black pepper |
| 8 | 6-inch **corn tortillas** |
| 8 | slices **Swiss cheese** |
| 8 | slices **bacon,** crisp-cooked and crumbled |
| | Thousand Island salad dressing (optional) |

**1.** Preheat oven to 200°F. In a 12-inch skillet or griddle heat oil over medium-high. Add onion; cook, stirring occasionally, until onion is golden brown and tender, 6 to 8 minutes. Remove from skillet. Rinse skillet; wipe dry.
**2.** In a medium bowl combine beef, salt, and pepper, using clean hands to mix lightly (do not overwork meat). Divide mixture into eight portions. Place one portion of meat onto each tortilla; using hands, pat meat out evenly to cover entire tortilla.
**3.** Heat skillet over medium-high. Place two tortillas, beef side down, in skillet; using a wide spatula, firmly press down. Cook patties until browned and crisp, about 3 minutes. Turn; top with cheese. Cook until cheese is melted, about 30 seconds more. Transfer to a baking sheet and place in oven to keep warm. Repeat with remaining tortillas and cheese.
**4.** Serve tacos topped with onion, bacon, and dressing (if using). **Makes 8 tacos.**

**PER 2 TACOS** *492 cal., 26 g fat (11 g sat. fat), 104 mg chol., 447 mg sodium, 27 g carb., 4 g fiber, 3 g sugars, 35 g pro.*

# CLASSIC SMASHED TACO

**PICTURED ON** ***P. 56***
**START TO FINISH** 30 minutes

| | |
|---|---|
| 1 | lb. **93% lean ground turkey** or **90% lean ground beef** |
| ½ | tsp. salt |
| ½ | tsp. black pepper |
| 8 | 6-inch **flour** or **corn tortillas** |
| 8 | slices **pepper Jack cheese** |
| 2 | cups shredded **lettuce** |
| ½ | cup **pico de gallo** or **taco sauce** |

**1.** Preheat oven to 200°F. In a medium bowl combine turkey, salt, and pepper (tip, *below*), using clean hands to mix lightly (do not overwork meat). Divide mixture into eight portions. Place one portion of meat onto each tortilla; using hands, pat meat out evenly to cover entire tortilla.
**2.** Heat a 12-inch skillet or griddle over medium-high. Place two tortillas, meat side down, in skillet; using a wide spatula, firmly press down. Cook patties until browned and crisp, about 3 minutes. Turn; top with cheese. Cook until cheese is melted, about 30 seconds more. Transfer to a baking sheet and place in oven to keep warm. Repeat with remaining tortillas and cheese.
**3.** Serve tacos topped with lettuce and pico de gallo. **Makes 8 tacos.**

**PER 2 TACOS** *529 cal., 26 g fat (12 g sat. fat), 124 mg chol., 1,244 mg sodium, 34 g carb., 3 g fiber, 5 g sugars, 35 g pro.*

***If you like, season turkey mixture with your favorite taco spices, such as chili powder, ground cumin, and/or ground coriander.***

# SMASHED CHICKEN TACO WITH APPLE

**PICTURED ON** ***P. 57***
**START TO FINISH** 30 minutes

| | |
|---|---|
| 1 | lb. **ground chicken** |
| ½ | tsp. salt |
| ½ | tsp. black pepper |
| 8 | 6-inch **flour tortillas** |
| 2 | cups torn **butterhead lettuce** (Boston or Bibb) or chopped **romaine** |
| 1 | **apple,** thinly sliced |
| 3 | Tbsp. bottled **poppyseed dressing** |
| ½ | cup chopped toasted walnuts (optional) |

**1.** Preheat oven to 200°F. In a medium bowl combine chicken, salt, and pepper, using clean hands to mix lightly (do not overwork meat). Divide mixture into eight portions. Place one portion of meat onto each tortilla; using hands, pat meat out evenly to cover entire tortilla.
**2.** Heat a 12-inch skillet or griddle over medium-high. Place two tortillas, meat side down, in skillet; using a wide spatula, firmly press down. Cook patties until browned and crisp, about 3 minutes. Transfer to a baking sheet and place in oven to keep warm. Repeat with remaining tortillas.
**3.** In a small bowl combine lettuce, apple, and dressing; toss to combine. Top tacos with apple mixture. If you like, drizzle with additional dressing and top with walnuts. **Makes 8 tacos.**

**PER 2 TACOS** *437 cal., 19 g fat (5 g sat. fat), 101 mg chol., 922 mg sodium, 41 g carb., 4 g fiber, 11 g sugars, 25 g pro.*

# GYRO TACO

**START TO FINISH** 30 minutes

½ cup halved **grape tomatoes**

½ cup halved and thinly sliced **Persian cucumber**

1 to 2 tsp. cider vinegar or red wine vinegar

1 to 2 tsp. olive oil

1 lb. **lean ground lamb** and/or **90% lean ground beef**

½ tsp. salt

½ tsp. black pepper

8 6-inch **flour tortillas** (tip, *below right*)

½ cup homemade or purchased **tzatziki sauce**

Crumbled feta cheese and fresh dill (optional)

**1.** Preheat oven to 200°F. In a small bowl combine tomatoes, cucumber, vinegar, and oil; toss to combine.
**2.** In a medium bowl combine lamb, salt, and pepper, using clean hands to mix lightly (do not overwork meat). Divide mixture into eight portions. Place one portion of meat onto each tortilla; using hands, pat meat out evenly to cover entire tortilla.
**3.** Heat a 12-inch skillet or griddle over medium-high. Place two tortillas, meat side down, in skillet; using a wide spatula, firmly press down. Cook patties until browned and crisp, about 3 minutes. Transfer to a baking sheet and place in oven to keep warm. Repeat with remaining tortillas.
**4.** Serve tacos topped with tomato mixture and tzatziki. If you like, sprinkle with feta and dill. **Makes 8 tacos.**

**PER 2 TACOS** *515 cal., 31 g fat (14 g sat. fat), 85 mg chol., 884 mg sodium, 33 g carb., 2 g fiber, 4 g sugars, 26 g pro.*

*TRY IT WITH PITA*
*Use pita flatbread in place of the tortillas. Prepare as directed, except divide meat mixture into 5 portions and use 5 pita flatbreads.*

# AGUA FRESCA

SPANISH FOR "FRESH WATER," AGUA FRESCA IS PLAIN WATER BOOSTED WITH FRESH FRUITS, VEGGIES, AND/OR HERBS. THESE HYDRATING DRINKS WILL QUENCH YOUR THIRST WHILE KEEPING ADDED SUGARS IN CHECK.

# WATERMELON AGUA FRESCA

**START TO FINISH** 15 minutes

- 6 cups cubed **seedless watermelon** (one 6-lb. whole watermelon)
- 1 cup cold water
- 2 to 3 Tbsp. **fresh lemon juice**
- Lemon and/or watermelon slices (optional)

Working in batches, in a blender combine watermelon and water. Cover and blend until smooth. Strain through a fine-mesh sieve into a 1½-qt. pitcher; discard solids. Stir in lemon juice. Serve immediately or chill, covered, up to 1 week. Serve in ice-filled glasses. If you like, serve with lemon and/or watermelon slices. **Makes 4 servings** (1 cup each).

**PER SERVING** *70 cal., 0 g fat, 0 mg chol., 2 mg sodium, 18 g carb., 1 g fiber, 14 g sugars, 1 g pro.*

# STRAWBERRY AGUA FRESCA

**START TO FINISH** 15 minutes

4 cups **fresh strawberries,** hulled and halved

3 cups cold water

3 Tbsp. **fresh lime juice**

1 Tbsp. honey (optional)

Strawberries and/or lime slices (optional)

Working in batches, in a blender combine halved strawberries and water. Cover and blend until smooth. Strain mixture through a fine-mesh sieve into a 1½-qt. pitcher; discard solids. Stir in lime juice and honey (if using). Serve immediately or chill, covered, up to 3 days. Serve in ice-filled glasses. If you like, serve with fresh strawberries and/or lime slices. **Makes 4 servings** (1 cup each).

**PER SERVING** *60 cal., 1 g fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 14 g carb., 0 g fiber, 13 g sugars, 1 g pro.*

*WANT A SWEETER DRINK? Add the 1 Tbsp. honey.*

*MANGO*
*Look for fully ripe fruit that smells fruity and feels fairly firm when pressed.*

# ORANGE-MANGO AGUA FRESCA

**START TO FINISH** 10 minutes

| | | | | |
|---|---|---|---|---|
| 2 cups peeled, seeded, and chopped **ripe mangoes** (2) | 1½ cups **fresh orange juice** | ¼ cup **fresh lime juice** | 1¼ cups water | 1 Tbsp. honey (optional) (tip, *opposite*)<br>Orange slices (optional) |

In a blender combine mangoes, orange juice, and lime juice. Cover and blend until smooth. Strain through a fine-mesh sieve into a 2-qt. pitcher; discard solids. Stir in water and honey (if using). Serve immediately or chill, covered, up to 1 week. Serve in ice-filled glasses. If you like, serve with orange slices. **Makes 4 servings** (1 cup each).

**PER SERVING** *119 cal., 0 g fat, 0 mg chol., 14 mg sodium, 29 g carb., 1 g fiber, 21 g sugars, 1 g pro.*

# CUCUMBER AGUA FRESCA

**START TO FINISH** 20 minutes

| | | | | |
|---|---|---|---|---|
| 5 cups water, divided | 4½ cups peeled and chopped **cucumbers** (3) | ½ cup **fresh lime juice** | 3 Tbsp. **sugar** | Cucumber strips (optional) |

In a blender combine 2 cups of the water, the chopped cucumbers, lime juice, and sugar. Cover and blend until smooth. If you like, strain through a fine-mesh sieve into a 2½- to 3-qt. pitcher; discard solids. Stir in remaining 3 cups water. Serve immediately or chill, covered, up to 3 days. To serve, line glasses with cucumber strips (if using) and add ice; pour in agua fresca. **Makes 6 servings** (1½ cups each).

**PER SERVING** *21 cal., 0 g fat, 0 mg chol., 8 mg sodium, 6 g carb., 0 g fiber, 3 g sugars, 1 g pro.*

# PINEAPPLE AGUA FRESCA

**START TO FINISH** 15 minutes

| | | | | |
|---|---|---|---|---|
| 2 cups peeled, cored, and cubed **pineapple** | 3 cups cold water | 3 Tbsp. **fresh lime juice** | 1 Tbsp. **agave nectar** | Fresh pineapple spears and leaves (optional) |

In a blender combine pineapple and water. Cover and blend until nearly smooth. Strain mixture through a fine-mesh sieve into a 1½-qt. pitcher; discard solids. Stir in lime juice and agave nectar. Serve immediately or chill, covered, up to 12 hours. Serve in ice-filled glasses. If you like, serve with pineapple spears. **Makes 4 servings** (1 cup each).

**PER SERVING** *78 cal., 0 g fat, 0 mg chol., 2 mg sodium, 20 g carb., 1 g fiber, 16 g sugars, 1 g pro.*

# SIZZLIN’ STEAKS

BEEF IS ON THE MENU TONIGHT.
PICK YOUR STEAK—RIBEYE, SIRLOIN, OR FLANK—
AND GET PREPPING. THESE PROTEIN-RICH MAINS
ARE COOKED TO PERFECTION AND
OH, SO SATISFYING.

# BEEF TENDERLOIN WITH BALSAMIC TOMATOES

**START TO FINISH** 25 minutes

| | |
|---|---|
| ½ | cup **balsamic vinegar** |
| ½ | cup **cherry tomatoes** |
| 1 | tsp. chopped fresh thyme (optional) |
| 2 | **beef tenderloin steaks,** cut ¾ inch thick (about 8 oz.) |
| | Salt and black pepper |
| 2 | tsp. olive oil |
| 2 | cups **fresh arugula** |

**1.** In a small saucepan bring vinegar to boiling. Add tomatoes and thyme (if using) and reduce heat. Simmer, uncovered, until vinegar reduces and tomatoes soften, about 5 minutes.

**2.** Meanwhile, trim fat from steaks. Sprinkle with salt and pepper. In a 10-inch skillet heat oil over medium-high. Add steaks; reduce heat to medium. Cook, turning once, until desired doneness, 7 to 9 minutes for medium rare (135°F).

**3.** Serve steaks over arugula. Spoon tomato mixture over steaks. If you like, drizzle with additional oil. **Makes 2 servings.**

**PER SERVING** *275 cal., 12 g fat (3 g sat. fat), 74 mg chol., 80 mg sodium, 12 g carb., 0 g fiber, 10 g sugars, 26 g pro.*

***EASY SWAP***
*If you like, use red enchilada sauce or bottled salsa in place of the green enchilada sauce.*

# STEAK BURRITO BOWLS

**START TO FINISH** 25 minutes

| | |
|---|---|
| 2 | Tbsp. vegetable oil, divided |
| 1 | lb. **beef ribeye steak,** thinly sliced |
| | Salt and black pepper |
| 3 | cups stemmed, seeded, coarsely chopped **miniature bell peppers** |
| 1 | 8-oz. pouch **green enchilada sauce,** divided (tip, *above right*) |
| 2 | 8.8-oz. pouches **cooked brown rice** |
| 1 | 15-oz. can **seasoned black beans,** drained |

**1.** In a 10-inch skillet heat 1 Tbsp. of the oil over medium-high. Season steak with salt and black pepper; add to skillet. Cook until browned or desired doneness, 2 to 3 minutes. Remove from skillet. Add remaining 1 Tbsp. oil to skillet. Add bell peppers; cook until lightly charred and crisp-tender, about 3 minutes. Add ½ cup of the enchilada sauce; heat through.

**2.** Meanwhile, heat rice according to package directions. Transfer to a bowl and stir in ¼ cup enchilada sauce. In a separate bowl mix black beans and remaining ¼ cup sauce. Microwave until heated through, about 1 minute.

**3.** Divide rice and beans among four bowls. Top with steak and pepper mixture. **Makes 4 servings.**

**PER SERVING** *594 cal., 20 g fat (5 g sat. fat), 65 mg chol., 806 mg sodium, 64 g carb., 9 g fiber, 3 g sugars, 32 g pro.*

*If using wooden skewers, soak in water 30 minutes before using.*

# FIVE-SPICE BEEF KABOBS

**START TO FINISH** 20 minutes

| | |
|---|---|
| 1 | lb. **beef flank steak** or **boneless beef sirloin** |
| 2 | Tbsp. reduced-sodium soy sauce |
| 1 | to 1½ tsp. **five-spice powder** |
| 2 | small **limes** |
| 1 | 5.3- to 6-oz. carton **plain Greek yogurt** |
| 1 | Tbsp. chopped **fresh mint leaves** |

**1.** Thinly slice steak against grain. In a medium bowl combine beef, soy sauce, and five-spice powder; toss to coat beef. Thread beef onto eight 12-inch skewers (tip, *above left*).

**2.** Grill skewers, covered, over medium, turning once, until desired doneness, 4 to 6 minutes.

**3.** Meanwhile, remove 1 tsp. zest from one of the limes; juice to get 1 Tbsp. lime juice. Cut remaining lime into wedges. In a small bowl combine yogurt, mint, and lime zest and juice.

**4.** Serve skewers with yogurt mixture and lime wedges. If you like, top with additional fresh mint. **Makes 4 servings** (2 kabobs + 3 Tbsp. sauce each).

**PER SERVING** *213 cal., 8 g fat (3 g sat. fat), 74 mg chol., 366 mg sodium, 5 g carb., 1 g fiber, 2 g sugars, 29 g pro.*

# STEAK AND SNOW PEA YAKISOBA

**START TO FINISH** 20 minutes

| | |
|---|---|
| 1 | lb. **beef sirloin steak,** trimmed and cut into ¼-inch-thick strips |
| | Salt and black pepper |
| ⅓ | cup **hoisin sauce** |
| 2 | Tbsp. warm water |
| 2 | Tbsp. cider vinegar or rice vinegar |
| 2 | Tbsp. vegetable or canola oil, divided |
| 6 | oz. **fresh snow peas,** trimmed and halved crosswise |
| 11 | oz. **fresh yakisoba noodles,** seasoning packet discarded (tip, *below left*) |
| | Reduced-sodium soy sauce and crushed red pepper (optional) |

**1.** Season steak with salt and pepper. In a small bowl combine hoisin sauce, water, and vinegar.

**2.** In a 12-inch wok or skillet heat 1 Tbsp. of the oil over high. When oil is very hot, add beef; cook, without stirring, 1 minute. Stir; cook until steak is browned, 2 minutes more. Transfer steak and any juices to a bowl.

**3.** Add remaining 1 Tbsp. oil to wok or skillet. Add snow peas; stir-fry over high until crisp-tender and bright green, 1 minute.

**4.** Reduce heat to medium. Loosen noodle block with your hands; add to wok along with steak, accumulated juices, and hoisin mixture. Stir-fry until noodles are heated through, 2 minutes. If you like, season to taste with soy sauce and crushed red pepper. **Makes 4 servings.**

**PER SERVING** *484 cal., 24 g fat (7 g sat. fat), 91 mg chol., 551 mg sodium, 38 g carb., 3 g fiber, 10 g sugars, 28 g pro.*

*NOODLE THIS*

*If you can't find yakisoba noodles, substitute Chinese egg or rice noodles. Cook according to package directions before adding to wok. If noodles come with a seasoning packet, discard or save it for another use.*

# TUSCAN STEAK TAGLIATA

**START TO FINISH** 30 minutes

| | |
|---|---|
| 1 | 1½-lb. **beef strip steak,** 1½ to 2 inches thick |
| 2 | Tbsp. olive oil, divided |
| | Salt and black pepper |
| ¼ | cup **balsamic vinegar** |
| 3 | Tbsp. water |
| 2 | cloves **fresh garlic,** sliced |
| 4 | cups **fresh baby arugula** (3.5 oz.) |
| ⅓ | cup shaved **Parmigiano-Reggiano cheese** |

**1.** Preheat oven to 400°F. Preheat a 12-inch cast-iron skillet over medium-high until very hot.

**2.** Pat steak dry with paper towels. Brush with 1 Tbsp. of the oil; season with salt and pepper. Add steak to skillet; sear until well-browned, 5 minutes per side. Using tongs to hold steak upright in skillet, brown edges, 30 to 60 seconds.

**3.** Transfer skillet with steak to oven. Roast until desired doneness, 8 minutes for medium rare (135°F). Transfer steak to a plate; let rest 5 minutes.

**4.** For sauce, heat skillet over medium. Add vinegar, water, and garlic. Let mixture sizzle, then use a wooden spoon or spatula to scrape up any browned bits from bottom of skillet. Bring to a simmer until mixture is reduced to a syrup, about 15 seconds. Season to taste with additional salt.

**5.** Cut steak against grain into ½-inch-thick slices. In a bowl toss arugula with remaining 1 Tbsp. oil and the cheese, and season with salt and pepper. Serve steak over salad. Spoon sauce over steak.

**Makes 4 servings.**

**PER SERVING** *500 cal., 36 g fat (13 g sat. fat), 143 mg chol., 453 mg sodium, 5 g carb., 1 g fiber, 3 g sugars, 39 g pro.*

*For even cooking, let steak stand at room temperature 30 minutes before searing.*

# SALAD KIT FIX-UPS

TOSS A FEW EXTRAS WITH THE COMPONENTS OF A PURCHASED SALAD KIT FOR A DELICIOUSLY FRESH AND FILLING MEAL. THE KITS COME WITH DRESSING, GREENS, AND TOPPINGS, SO ALL YOU NEED IS PROTEIN AND A FEW SPECIAL TOUCHES TO FINISH IT OFF.

*MAKE IT VEGETARIAN Replace pepperoni and salami with rinsed and drained canned chickpeas.*

# CAESAR PASTA SALAD

**START TO FINISH** 15 minutes

| | | | | |
|---|---|---|---|---|
| 2 oz. **dried miniature farfalle pasta** (¾ cup) | One 10- to 13-oz. pkg. **chopped Caesar-style salad kit** | ⅔ cup sliced **pepperoni** and/or diced **salami** | ¼ cup sliced **peperoncini peppers** or **banana peppers** | ¼ cup chopped **red onion** |

**1.** Cook pasta according to package directions; drain. Rinse with cold water; drain again.

**2.** Chop any larger greens from salad kit. In a large bowl combine greens and dressing from salad kit, cooked pasta, meat, peppers, and onion; toss to combine. If you like, sprinkle with salad kit toppers.* **Makes 4 servings** (1¼ cups each).

***TIP** Crush the croutons from salad kit; transfer to a small bowl. Stir in cheese from kit to combine. Sprinkle over salad just before serving.

**PER SERVING** *256 cal., 17 g fat (3 g sat. fat), 27 mg chol., 801 mg sodium, 18 g carb., 2 g fiber, 2 g sugars, 9 g pro.*

# CHICKEN AND GRAPE SALAD

**START TO FINISH** 10 minutes

| | | | | | |
|---|---|---|---|---|---|
| ½ cup **frozen shelled edamame** | One 3-oz. pkg. **ramen noodles** (any flavor), crushed | One 10- to 13-oz. pkg. **chopped Asian-style salad kit** | 2 cups chopped **cooked chicken** | ¾ cup halved **seedless red** or **green grapes** | ½ cup dried cranberries or other dried fruit (optional) |

**1.** Cook edamame according to package directions; drain and cool. Discard seasoning packet from ramen noodles.

**2.** In a large bowl combine greens and dressing from salad kit, chicken, grapes, edamame, crushed ramen noodles, and dried fruit (if using); toss to combine. If you like, season with salt and black pepper and sprinkle with salad kit toppers. **Makes 4 servings** (1½ cups each).

**PER SERVING** *386 cal., 17 g fat (4 g sat. fat), 76 mg chol., 381 mg sodium, 31 g carb., 4 g fiber, 9 g sugars, 26 g pro.*

# STEAK SALAD WITH AVOCADO

**START TO FINISH** 25 minutes

| | | | | |
|---|---|---|---|---|
| 8 oz. **boneless beef steak** (such as ribeye, sirloin, or strip), trimmed | One 10- to 13-oz. pkg. **chopped Southwestern-style salad kit** | 1 cup **canned black beans,** drained and rinsed | 1 **avocado,** halved, seeded, peeled, and chopped | ½ cup sliced **miniature red, yellow,** and/or **orange bell peppers** |

**1.** Season steak with *salt* and *black pepper.* Grill steak, covered, over medium, turning once, until meat reaches desired doneness (145°F for medium rare), 10 to 12 minutes. Let steak stand 5 minutes. Slice into bite-size strips.

**2.** Meanwhile, in a large bowl combine greens and dressing from salad kit, beans, avocado, and bell peppers; toss to combine. Serve with steak and, if you like, sprinkle with salad kit toppers. **Makes 4 servings** (1¼ cups + about 2 oz. steak each).

**PER SERVING** *359 cal., 23 g fat (6 g sat. fat), 49 mg chol., 377 mg sodium, 21 g carb., 7 g fiber, 3 g sugars, 17 g pro.*

*PEPPER SWAP*
*Use diced bell pepper (any color) for the miniature peppers.*

# FRESH ON THE SIDE

BUILD OFF COLORFUL FINDS FROM THE FARMERS MARKET TO CREATE THESE NEW SALAD BLENDS. SERVE THEM ON THE SIDE WITH ROASTED OR GRILLED MEATS OR POULTRY, OR TOP THEM WITH PROTEIN TO MAKE A MAIN DISH.

CHILI-PEANUT KOHLRABI AND CABBAGE SLAW, *P. 80*

CREAMY CORN, PLUM, AND BASIL SALAD, P. 80

FENNEL, MELON, AND BLUEBERRY SALAD, P. 80

# CHILI-PEANUT KOHLRABI AND CABBAGE SLAW

**PICTURED ON** *P. 77*
**START TO FINISH** 25 minutes

| | |
|---|---|
| 1 | **lime,** zested and juiced (1½ tsp. zest plus 2 Tbsp. juice) |
| ¼ | cup **peanut sauce** (recipe, *below*) |
| 1 | large **kohlrabi,** peeled and cut into 2-inch matchsticks (2 cups) |
| 2 | cups very thinly sliced **red cabbage** |
| | Salt and black pepper |
| | **Fresh cilantro leaves** |

In a large bowl whisk together the lime zest and juice and peanut sauce until well combined. Add kohlrabi and cabbage; toss to coat. Season with salt and pepper to taste.* Scatter cilantro leaves over top. If you like, serve with additional lime wedges. Serve immediately. **Makes 5 servings** (¾ cup each).

***TIP** Taste the slaw first before adding any salt; the peanut sauce my be flavorful enough on its own.

**PER SERVING** *75 cal., 3 g fat (0 g sat. fat), 0 mg chol., 185 mg sodium, 11 g carb., 3 g fiber, 6 g sugars, 3 g pro.*

*HOMEMADE PEANUT SAUCE*
*Stir together ½ cup creamy peanut butter, ½ cup hot water, and 1 Tbsp. soy sauce. If you like it spicy, add 1 Tbsp. sriracha sauce.*

*STORAGE*
*Place corn mixture in an airtight container. Chill up to 2 days before spooning over plums.*

# CREAMY CORN, PLUM, AND BASIL SALAD

**PICTURED ON** *P. 78*
**START TO FINISH** 10 minutes

| | |
|---|---|
| 1 | 5.2-oz. container **semisoft cheese with garlic and fine herbs** (Boursin) |
| ¼ | cup olive oil |
| ¼ | cup cider vinegar |
| 1 | tsp. salt |
| 3 | cups **fresh corn kernels** (about 6 ears) |
| ½ | cup thinly sliced **green onions** |
| ½ | cup **fresh basil leaves,** thinly sliced |
| 1½ | lb. **red plums** or **pluots,** halved and pitted |

In a large bowl stir together cheese, oil, vinegar, and salt until smooth. Add corn kernels, green onions, and basil; gently stir to coat. Arrange plum halves on a platter. Spoon corn mixture over plums. Top with additional basil leaves. **Makes 4 servings** (¾ cup corn mixture + 3 plum halves each).

**PER SERVING** *454 cal., 31 g fat (13 g sat. fat), 38 mg chol., 903 mg sodium, 42 g carb., 5 g fiber, 23 g sugars, 8 g pro.*

# FENNEL, MELON, AND BLUEBERRY SALAD

**PICTURED ON** *P. 79*
**START TO FINISH** 10 minutes

| | |
|---|---|
| 1 | small **fennel bulb** (12 oz.), halved, cored, and thinly shaved (about 2 cups) |
| ¾ | cup **fresh blueberries** |
| ½ | cup **white balsamic vinegar** |
| 3 | Tbsp. olive oil |
| | Salt |
| | Pinch crushed red pepper (optional) |
| 1 | medium **cantaloupe** (2¼ lb.), halved, seeded, peeled, and cut into wedges |
| ⅓ | cup **fresh mint leaves,** torn |

In a large bowl combine fennel and blueberries. For vinaigrette, in a small bowl or screw-top jar combine vinegar, oil, a generous pinch salt, and crushed red pepper (if using); whisk or cover and shake until emulsified. Pour ¼ cup vinaigrette over fennel and blueberries; toss to coat. Arrange melon wedges on a platter; top with fennel mixture. Top with mint. Serve with remaining dressing. **Makes 4 servings** (¾ cup fennel mixture + 2 melon slices each).

**PER SERVING** *204 cal., 11 g fat (2 g sat. fat), 0 mg chol., 195 mg sodium, 25 g carb., 3 g fiber, 22 g sugars, 2 g pro.*

*STORAGE*
*Place fennel mixture in an airtight container. Cover and chill up to 24 hours. Place dressing in an airtight container. Cover and chill up to 3 weeks. Stir or shake before serving.*

# RAW ZUCCHINI, CHERRY TOMATO, AND FETA SALAD

**START TO FINISH** 20 minutes

| | |
|---|---|
| 5 | Tbsp. olive oil |
| 2 | Tbsp. cider vinegar or red wine vinegar |
| 1 | Tbsp. **za'atar seasoning** |
| ¼ | tsp. salt |
| ¼ | tsp. black pepper |
| 1 | pt. **cherry tomatoes,** halved |
| ½ | cup pitted Kalamata olives, coarsely chopped (optional) |
| 4 | small **zucchini,** shaved into ribbons (tip, *below*) |
| 1 | cup crumbled **feta cheese** (4 oz.) |

For vinaigrette, in a large bowl whisk together the first five ingredients (through pepper) until emulsified. Add tomatoes and olives (if using); toss to coat. Place zucchini ribbons on a platter; top with tomato mixture. Sprinkle feta over top. Season to taste with additional salt, pepper, and/or za'atar seasoning. **Makes 6 servings** (1 cup each).

**PER SERVING** *205 cal., 19 g fat (4 g sat. fat), 14 mg chol., 647 mg sodium, 6 g carb., 2 g fiber, 4 g sugars, 5 g pro.*

*MAKING RIBBONS*
*Use a mandoline or vegetable peeler to cut zucchini lengthwise into thin ribbons.*

RAW ZUCCHINI, CHERRY TOMATO, AND FETA SALAD

# STOVE-TOP SIMMERS

HOT AND BUBBLY SOUPS COME TOGETHER FAST WITH A FEW SHORTCUTS AND A CAN OF BROTH. NEED MORE THAN TWO SERVINGS? JUST DOUBLE THE BATCH TO DOUBLE THE DELICIOUSNESS.

# QUICK PORK RAMEN

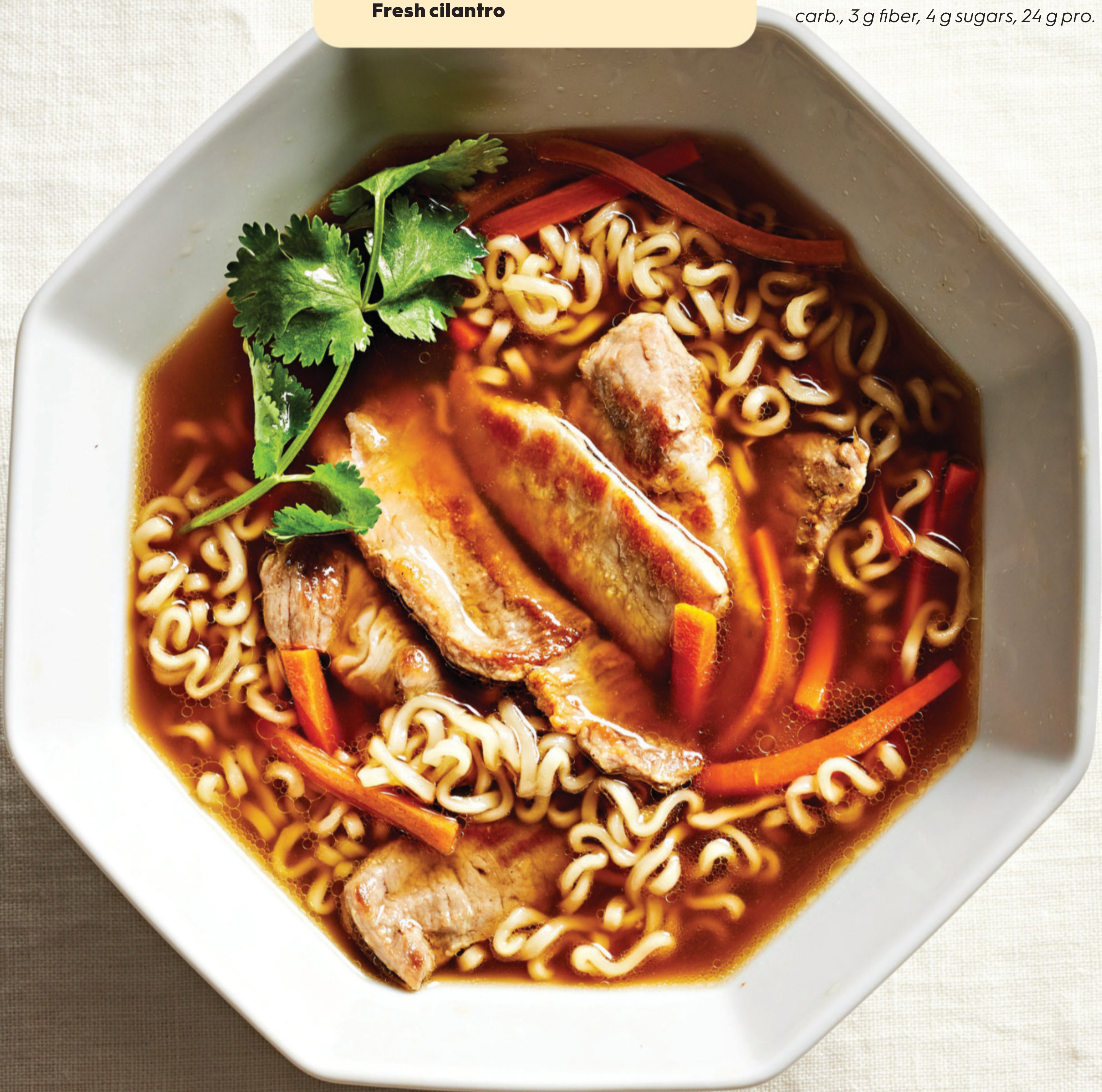
**START TO FINISH** 17 minutes

| | |
|---|---|
| 1 | 6-oz. **ribeye pork chop** or **beef sirloin steak,** thinly sliced |
| | Salt and black pepper |
| 1 | tsp. olive oil |
| 1 | 14.5-oz. can **reduced-sodium beef broth** |
| 1 | cup water |
| 1 | 3-oz. pkg. **beef-flavor ramen noodles** (reserve seasoning packet) |
| 1 | medium **carrot,** peeled and cut into matchsticks (1 cup) |
| | **Fresh cilantro** |

**1.** Sprinkle pork with salt and pepper. In a medium saucepan heat oil over medium-high. Add pork; cook and stir until browned and cooked through, about 3 minutes. Transfer pork to a plate.

**2.** Add broth and water to saucepan, stirring to scrape up any browned bits. Bring to boiling. Add ramen noodles; cook according to package directions, adding carrot the last minute of cooking. Stir in pork and ½ to ¾ tsp. of the seasoning packet; discard remaining. Top servings with cilantro. **Makes 2 servings.**

**PER SERVING** *428 cal., 21 g fat (8 g sat. fat), 51 mg chol., 1,105 mg sodium, 33 g carb., 3 g fiber, 4 g sugars, 24 g pro.*



# SAUSAGE AND TORTELLINI SOUP

**START TO FINISH** 20 minutes

| | |
|---|---|
| 1 | tsp. olive oil |
| 4 | oz. **bulk Italian sausage** |
| ¼ | cup chopped **onion** |
| 1 | 14.5-oz. can **reduced-sodium chicken broth** |
| 1 | to 1½ cups **fresh** or **frozen cheese tortellini** (3 to 5 oz.) |
| 1 | cup chopped **fresh kale** |
| | Shredded Parmesan cheese (optional) |

In a medium saucepan heat oil over medium-high. Add sausage and onion; cook until sausage is browned, about 5 minutes. Add broth, stirring to scrape up any browned bits. Bring to boiling. Add tortellini; cook, uncovered, according to package directions. Remove from heat. Stir in kale; let stand until kale is wilted, about 4 minutes. Top servings with Parmesan (if using). **Makes 2 servings.**

**MAKE IT BROTHY** Add up to ⅓ cup water if you desire a thinner soup.

**PER SERVING** *392 cal., 21 g fat (7 g sat. fat), 68 mg chol., 1,132 mg sodium, 30 g carb., 2 g fiber, 3 g sugars, 21 g pro.*

# MEATBALL AND ORZO SOUP

**START TO FINISH** 25 minutes

| | |
|---|---|
| 1 | 14.5-oz. can **reduced-sodium beef** or **chicken broth** |
| 1 | cup water |
| 6 | to 8 oz. **frozen Italian-style** or **beef meatballs** |
| 1 | tsp. **dried Italian seasoning** |
| ½ | cup **dried orzo pasta** |
| 1 | cup **fresh baby spinach** |
| | Grated or shaved Parmesan cheese (optional) |

In a medium saucepan combine broth, water, meatballs, and Italian seasoning. Bring to boiling; reduce heat. Simmer, covered, 5 minutes. Stir in orzo; cook until meatballs are cooked through and orzo is done, about 10 minutes more. Stir in spinach. If you like, sprinkle with Parmesan. **Makes 2 servings.**

**PER SERVING** *315 cal., 19 g fat (7 g sat. fat), 56 mg chol., 1,051 mg sodium, 20 g carb., 4 g fiber, 4 g sugars, 17 g pro.*

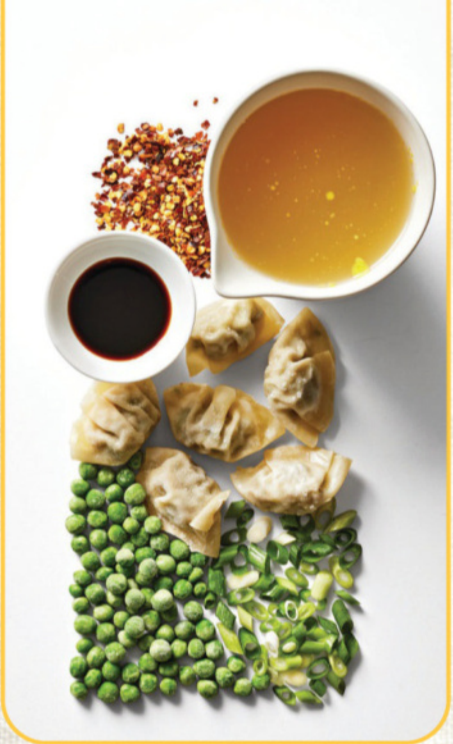
# SPRING EGG DROP SOUP WITH PESTO

**START TO FINISH** 10 minutes

| | |
|---|---|
| 1 | 14.5-oz. can **reduced-sodium chicken broth** |
| 1½ | cups **frozen mixed vegetables** (carrots, corn, green beans, and peas) |
| 1 | **lemon,** zested and juiced (1 tsp. zest plus 1 Tbsp. juice) |
| 2 | **eggs,** lightly beaten |
| 2 | Tbsp. **purchased basil pesto** |
| | Sliced crusty country bread (optional) |

In a medium saucepan combine broth, frozen vegetables, lemon zest, and lemon juice. Bring just to a simmer, stirring occasionally. Gradually add eggs to soup, stirring gently, until eggs begin to form threads. Remove from heat, cover; let stand 4 minutes. Stir in pesto. If you like, serve with additional pesto, lemon wedges, and bread. **Makes 2 servings.**

**PER SERVING** *202 cal., 10 g fat (3 g sat. fat), 186 mg chol., 728 mg sodium, 15 g carb., 3 g fiber, 5 g sugars, 12 g pro.*



# CHICKEN AND DUMPLINGS SOUP

**START TO FINISH** 15 minutes

| | |
|---|---|
| 1 | 14.5-oz. can **reduced-sodium chicken broth** |
| 1 | **green onion,** greens thinly sliced and whites finely chopped, divided |
| ¼ | tsp. crushed red pepper (optional) |
| 12 | to 16 **frozen mini chicken wontons** (such as Chicken Cilantro Mini Wontons) |
| ¼ | cup **frozen green peas** |
| 1 | tsp. reduced-sodium soy sauce |

In a medium saucepan combine broth, finely chopped green onion whites, and crushed red pepper (if using). Bring to boiling. Add frozen wontons; cook, uncovered, according to package directions. Add peas; cook until heated through, 1 minute. Stir in soy sauce. Top servings with sliced green onion. **Makes 2 servings.**

**PER SERVING** *81 cal., 1 g fat (0 g sat. fat), 5 mg chol., 739 mg sodium, 13 g carb., 2 g fiber, 2 g sugars, 7 g pro.*

# CAKE MIX COOKIES

STIR TOGETHER CAKE MIX, FROZEN WHIPPED TOPPING, AND YOUR FAVORITE ADD-INS FOR SIMPLY DELICIOUS COOKIES. THE FLAVOR-COMBO OPTIONS ARE ENDLESS!

**HANDS ON** 20 minutes
**BAKE** 8 minutes per batch at 350°F

| | |
|---|---|
| 1 | 15.25-oz. (2-layer-size) pkg. **desired-flavor cake mix** |
| 1 | to 1½ cups **desired mix-ins** |
| 1 | 8-oz. container **frozen whipped dessert topping,** thawed |
| ½ | to 1 cup **powdered sugar** or **desired mix-ins** |
| | Nonstick cooking spray |

**1.** Preheat oven to 350°F. Line cookie sheets with parchment paper. In a large bowl combine cake mix and the 1 to 1½ cups mix-ins. Stir in whipped dessert topping until completely combined (dough will be sticky).
**2.** Place powdered sugar in a small bowl. Coat a 1-Tbsp.-size cookie scoop with cooking spray. Drop scoopfuls of dough into powdered sugar; roll to coat and shape into balls. Place balls 2 inches apart on prepared cookie sheets.
**3.** Bake until edges are just set, 8 to 10 minutes. Cool on cookie sheets 2 minutes. Remove; cool completely on wire racks. **Makes 36 cookies.**

## LEMON POPPY SEED

Prepare as directed. Use a lemon cake mix. For mix-ins, use ¾ cup sliced almonds, toasted and chopped, and 2 Tbsp. poppy seeds. Roll dough balls in powdered sugar.

**PER COOKIE** *82 cal., 3 g fat (2 g sat. fat), 0 mg chol., 107 mg sodium, 13 g carb., 0 g fiber, 8 g sugars, 1 g pro.*

## GERMAN CHOCOLATE

Prepare as directed. Use a chocolate or devil's food cake mix. For mix-ins, use ¾ cup each shredded coconut and chopped toasted pecans. Roll dough balls in additional shredded coconut or powdered sugar.

**PER COOKIE** *103 cal., 7 g fat (3 g sat. fat), 0 mg chol., 103 mg sodium, 11 g carb., 1 g fiber, 6 g sugars, 1 g pro.*

## BIRTHDAY CAKE

Prepare as directed. Use a vanilla cake mix. For mix-ins, use 1 cup finely chopped vanilla sandwich cookies with white filling and ½ cup multicolor sprinkles. Roll dough balls in a mixture of ½ cup crushed vanilla sandwich cookies with white filling and ½ cup multicolor sprinkles.

**PER COOKIE** *94 cal., 3 g fat (2 g sat. fat), 2 mg chol., 110 mg sodium, 16 g carb., 0 g fiber, 9 g sugars, 1 g pro.*

# ICE CREAM SOCIAL

THEY'RE FROZEN AND FABULOUS! THIS ROUNDUP OF SIMPLIFIED SWEETS AND TREATS IS DESIGNED TO SATISFY, ONE FROSTY BITE AT A TIME.

ICE CREAM SANDWICH POPS, *P. 94*

# BANANAS FOSTER SMOOTHIE

**START TO FINISH** 10 minutes

| | | | | | |
|---|---|---|---|---|---|
| **2 medium bananas,** sliced and frozen (1½ cups) (tip, *below right*) | 1 cup **caramel swirl ice cream** | ⅔ cup **vanilla-flavor yogurt** | ¼ cup **caramel-flavor ice cream topping** | ½ tsp. **rum extract** | Brûléed Banana (optional) (recipe, *below*) |

In a blender combine the first five ingredients (through rum extract). Cover and blend until smooth, stopping to scrape down sides as needed. Fill two glasses with smoothie mixture. If you like, top with Brûléed Banana and drizzle with additional caramel topping. **Makes 2 servings** (1⅓ cups each).

**PER SERVING** *486 cal., 10 g fat (6 g sat. fat), 41 mg chol., 288 mg sodium, 94 g carb., 4 g fiber, 65 g sugars, 8 g pro.*

*BRÛLÉED BANANA Halve 1 banana lengthwise, then crosswise to make 4 pieces. Arrange on a foil-lined baking sheet; sprinkle with sugar. Using a culinary torch, heat sugar until melted and caramelized. (Or preheat broiler. Broil banana 4 to 5 inches from heat until caramelized, 3 to 4 minutes.)*

*TO FREEZE BANANAS, line a baking pan or tray with parchment or waxed paper. Slice bananas into uniform pieces. Spread sliced bananas in a single layer on prepared pan. Freeze until firm, at least 1 hour. Once frozen, transfer to a freezer-safe container. Label with the amount and the date. Frozen fruit will keep up to 3 months.*

*MAKE AHEAD*
*Prepare strawberries as directed; cover and chill up to 4 hours. Scoop ice cream and freeze until ready to serve. Assemble desserts when ready to serve.*

# CHOCOLATE-COVERED STRAWBERRY SHORTCAKES

**START TO FINISH** 30 minutes

| | | | | |
|---|---|---|---|---|
| 1 cup chopped **fresh strawberries** | 2 Tbsp. sugar | 2 to 4 Tbsp. **chocolate-flavor hard shell-style ice cream coating** or **DIY Chocolate Shell** (recipe, *right*), divided | One 5- to 6.5-oz. pkg. **individual sponge shortcake cups** (6 cakes) | 1½ cups **strawberry ice cream** |

In a small bowl stir together chopped strawberries and sugar; let stand 20 minutes. If you like, spread 1 tsp. ice cream coating into center of each sponge cake. Divide strawberry mixture among sponge cakes. Place a ¼-cup scoop of ice cream onto each sponge cake. Top ice cream with 1 to 2 tsp. additional ice cream coating. **Makes 6 shortcakes.**

**PER SHORTCAKE** *222 cal., 8 g fat (5 g sat. fat), 15 mg chol., 159 mg sodium, 34 g carb., 1 g fiber, 24 g sugars, 3 g pro.*

### *DIY CHOCOLATE SHELL*

*In a medium bowl combine one 10- to 12-oz. pkg. semisweet or bittersweet chocolate chips and ¼ cup coconut oil. Microwave on 50% power 1 minute; stir.*

*Continue to microwave until nearly melted, stirring every 30 seconds. Stir until smooth. Serve over ice cream (sauce will harden in 30 to 60 seconds).*

*Store remaining sauce in a glass jar at room temperature up to 1 week. If mixture hardens, microwave in jar, uncovered, on 50% power just until softened but not warm, about 40 seconds; stir. Makes about 1¼ cups.*

BAKED ALASKA SUNDAES

*FAVORITE COMBO*
*Chocolate-flavor ice cream topping, crushed chocolate sandwich cookies with white filling, and mint chocolate chip ice cream.*

# BAKED ALASKA SUNDAES

**START TO FINISH** 20 minutes

| | | | | |
|---|---|---|---|---|
| Four ½-inch-thick slices **pound cake** | ¼ cup **caramel-** or **chocolate-flavor ice cream topping** | 6 Tbsp. chopped **nuts,** such as peanuts, or **crushed chocolate sandwich cookies with white filling** | 2 cups **desired-flavor ice cream** | One 7-oz. container **marshmallow creme** |

**1.** Using the bottom of a 6-oz. ramekin as a template, cut pound cake slices into rounds. Place one cake round in each ramekin. Top cakes with 1 Tbsp. ice cream topping and 1½ Tbsp. nuts.
**2.** Scoop ½ cup ice cream into each ramekin; smooth top. Place in freezer. Freeze until ready to serve.
**3.** Top ice cream with marshmallow creme, using the back of a spoon to spread to edges, covering completely. Using a culinary torch, toast marshmallow layer in each ramekin. **Makes 4 sundaes.**

**PER SUNDAE** *532 cal., 18 g fat (7 g sat. fat), 48 mg chol., 323 mg sodium, 87 g carb., 2 g fiber, 66 g sugars, 7 g pro.*

# ICE CREAM SANDWICH POPS

**PICTURED ON** ***P. 91***
**START TO FINISH** 20 minutes + freezing

| | |
|---|---|
| 4 | 3.5- to 4.25-oz. **ice cream sandwiches,** unwrapped |
| 8 | **freezer pop sticks** |
| 1½ | to 2 cups desired **toppings** (such as sprinkles, crushed cookies, and/or chopped nuts |
| 8 | oz. **vanilla-** and/or **chocolate-flavor melting wafers** (such as Ghirardelli) (1½ cups) |

**1.** Cut each ice cream sandwich in half crosswise. Insert a freezer pop stick halfway into each piece. Place on a baking sheet or tray lined with parchment or waxed paper; freeze until ready to coat.
**2.** Place desired toppings on plates. Heat wafers according to package directions until melted and smooth.
**3.** Working with one ice cream sandwich at a time, using a spoon, drizzle and spread melted wafers over ice cream sandwich until completely coated, allowing excess to drip back into bowl. Press sandwich gently into desired topping. Return to baking sheet in freezer. Repeat with remaining ice cream sandwiches, melted wafers, and toppings. Freeze until chocolate sets and ice cream is firm, 4 hours. **Makes 8 pops.**

**PER POP** *398 cal., 23 g fat (12 g sat. fat), 10 mg chol., 122 mg sodium, 49 g carb., 2 g fiber, 35 g sugars, 4 g pro.*

# QUICK CHERRY COOKIE CRISP

**START TO FINISH** 30 minutes

| | | | | | |
|---|---|---|---|---|---|
| ¼ cup sugar | 1 Tbsp. **cornstarch** | One 16-oz. pkg. **frozen unsweetened pitted tart red cherries** | ½ cup coarsely crumbled **crispy iced oatmeal cookies** (about 3 cookies) | ¼ cup toasted chopped **pecans** or **almonds** | **Vanilla ice cream** |

**1.** In a medium saucepan combine sugar and cornstarch. Add cherries; stir to combine. Cook over medium, stirring often, until thickened and bubbly, 8 to 10 minutes. Remove from heat and let stand 20 minutes.

**2.** Divide cherry mixture among four cups or bowls. Sprinkle with cookies and nuts. Serve topped with ice cream. **Makes 4 servings.**

**PER SERVING** *394 cal., 17 g fat (6 g sat. fat), 29 mg chol., 147 mg sodium, 59 g carb., 4 g fiber, 44 g sugars, 5 g pro.*

# RECIPES

APPETIZERS
17 Chicken Bacon Ranch Pinwheels
19 Coconut Shrimp
20 Crispy Pickle Chips with Mustard Dipping Sauce
21 Pimento Mac and Cheese Rolls
18 Spinach-Artichoke Stuffed Mini Peppers

BEEF & LAMB
67 Beef Tenderloin with Balsamic Tomatoes
58 Beefy Bacon and Swiss Taco
69 Five-Spice Beef Kabobs
59 Gyro Taco
85 Meatball and Orzo Soup
41 Peperoncini Beef Sandwiches
36 Ravioli Skillet Lasagna
70 Steak and Snow Pea Yakisoba
68 Steak Burrito Bowls
75 Steak Salad with Avocado
71 Tuscan Steak Tagliata

DESSERTS
94 Baked Alaska Sundaes
92 Brûléed Banana
88 Cake Mix Cookies + variations
93 Chocolate-Covered Strawberry Shortcakes
93 DIY Chocolate Shell
94 Ice Cream Sandwich Pops
95 Quick Cherry Cookie Crisp

DRINKS
92 Bananas Foster Smoothie
14 Berry Punch Smoothies
64 Cucumber Agua Fresca
12 Green Passion Smoothies
11 Island Mamas
15 Mango Chamoy Smoothies
63 Orange-Mango Agua Fresca
65 Pineapple Agua Fresca
62 Strawberry Agua Fresca
13 Strawberry Banana Smoothies
61 Watermelon Agua Fresca

PORK
73 Caesar Pasta Salad
44 Chorizo-Potato Tacos with Collards
42 Peachy Grilled Brats with Yogurt-Mustard Sauce
43 Pork Tenderloin Sandwiches
83 Quick Pork Ramen
37 Rigatoni with Sausage and Bell Peppers
84 Sausage and Tortellini Soup
9 Toad-in-the-Hole Tarts

POULTRY
26 Blackened Cajun Pan-Fried Chicken Thighs
47 Buffalo Bird Dogs
37 Cacio e Pepe with Chicken
87 Chicken and Dumplings Soup
74 Chicken and Grape Salad
46 Chicken and Waffle Sliders
58 Classic Smashed Taco
47 Crispy Asian-Style Chicken Salad
27 General Tso Chicken with Vegetables
36 Herbed Chicken, Orzo, and Zucchini
46 Loaded Mashed Potato Bowls
36 Pasta with Broccoli and Chicken Sausage
24 Prosciutto-Wrapped Chicken with Spinach Polenta
29 Rosemary Chicken with Sweet Potatoes
28 Sausage and Apples with Horseradish Spread
24 Skillet Chicken with Asparagus
58 Smashed Chicken Taco with Apple
86 Spring Egg Drop Soup with Pesto

SEAFOOD
50 Basil Halibut with Jalapeño Butter
49 Chipotle-Honey Glazed Shrimp and Pineapple Skewers
53 Pan-Fried Trout with Ras el Hanout and Cauliflower
51 Seared Salmon with Blistered Tomato Jam and Spinach
44 Shrimp Banh Mi-Style Sandwiches
52 Striped Bass in Wine

SIDES & MORE
80 Chili-Peanut Kohlrabi and Cabbage Slaw
80 Creamy Corn, Plum, and Basil Salad
80 Fennel, Melon, and Blueberry Salad
80 Homemade Peanut Sauce
8 Pickled Red Onion
81 Raw Zucchini, Cherry Tomato, and Feta Salad
44 Sriracha Mayonnaise

VEGETARIAN
5 Caprese and Egg Ciabatta Sandwiches
6 Cottage Cheese Bowl with Berries
9 Easy Breakfast Chilaquiles
7 Golden Tropical Oatmeal
40 Pesto Grilled Cheese Sandwiches
41 Serrano-Tofu Lettuce Wraps
37 Tomato and Artichoke Pasta

Better Homes & Gardens® *5-Ingredient, 30-Minute Recipes*™ (ISSN 3067-1035), 2025. *5-Ingredient, 30-Minute Recipes* is published annually in April by Meredith Operations Corp., 1716 Locust St., Des Moines, IA 50309-3023.
Better Homes & Gardens is a registered trademark in the United States, Canada, and Australia. Better Homes & Gardens marca registrada en México. © Meredith Operations Corp. 2025. All rights reserved. Printed in the U.S.A.

# A LEGACY OF HOPE

## Advancing the Fight Against Cancer

CAMERA · ZOOM · TAP

LEARN MORE

We have made incredible strides in cancer research, thanks to the dedication of researchers, the courage of survivors, and the support of people like you. But the fight isn't over. Today, more than ever, your commitment can fuel innovations that will save lives tomorrow. Together, we can pass on a future free from cancer.

Please visit **StandUpToCancer.org/legacy** to learn more about how you can leave a legacy of hope by supporting cancer research.

Stand Up To Cancer is a 501(c)(3) charitable organization.

fresh MUSHROOMS | THE MUSHROOM COUNCIL

# Smoky, Savory, Perfectly Grilled

## PORTABELLA MUSHROOMS

Portabellas are rich and savory with a dense, firm texture, making them a fantastic choice for the grill. Season and grill whole portabella caps or sear thick slices to serve as a hearty and satisfying entrée.

Make This **Portabella Satay** Tonight